

## Recipe: Turkey-Spinach-Feta Meatballs

These are so easy that I feel bad calling it a recipe but I LOVE them. Drizzle some low sugar marinara on them and eat plain or over shiritaki noodles. Enjoy!

### Ingredients:

- 1.25 lb ground turkey breast (or other ground meat)
- 2 cups chopped spinach (use the OXO chopper if you have one)
- ½ cup fresh parsley or 1 tbsp. dried
- 2 tsp. jarred minced garlic
- 1 large egg beaten
- ½ tsp. black pepper
- 1/3 cup crumbled feta cheese or goat cheese

Preheat oven to 400 degrees F and line large baking sheet with foil and spray with non-stick spray.

Mix all ingredients well in a large bowl

Roll mixture into balls in uniform sizes to ensure even cooking

Bake for 25-30 minutes until thoroughly cooked

Enjoy!