

# Meatballs

## *Ingredients:*

2.5 lbs of lean ground turkey (can also use beef or chicken)  
1 (16oz) package frozen spinach (could probably use kale too)  
1 cup of onion  
¾ cup bread crumbs  
2 eggs  
1 garlic clove  
Sea salt and pepper – about a tsp. of each  
2 tbsp. Worcestershire (or soy sauce, or A1, or BBQ)  
½ tsp. each of thyme, oregano, crushed red pepper  
1/3 cup Chicken broth  
Olive oil

## *Directions:*

1. Preheat the oven to 400.
2. Heat olive oil in the pan and add all spices and the onion. Sautee until the onion is tender.
3. Add Worcestershire sauce, chicken broth, and spinach. Cook down until there is very little liquid left in the pan
4. Meanwhile, mix meat, bread crumbs and egg in a bowl
5. Add the spinach mixture to meat mixture and mix together
6. Using a ¼ c measuring cup section out the meat to ball and place on a greased pan. They don't expand much so they can be pretty close. I had 20 on a pan. Ball out until mixture is gone
7. Place in the oven for 20 minutes
8. Voila! I served mine over quinoa and added marinara

My fitness pal nutrition facts (calories are per ball, based on 38 total made)

Calories: 48.7

Fat: 1.2g

Carbs: 1.1g

Protein 8.1g