Turkey Mushroom Meatballs

*Ground turkey mixed with fresh mushrooms, spinach, panko, garlic, salt and pepper*

Yield: 8 servings (3 meatballs each)

**Ingredients:**
- 12 ounces fresh mushrooms, trimmed and cut into quarters
- 1/4 cup diced onion, 1/4”
- 1 pound ground turkey, 90/10
- 2 medium eggs, slightly beaten
- 1/2 cup well-drained chopped cooked spinach
- 1/2 cup Japanese-style bread crumbs (panko)
- 2 teaspoon minced garlic
- 1 teaspoon salt
- 1/2 teaspoon ground black pepper

**Method:**
1. Preheat oven to 400° F.
2. Spread mushrooms and onion in a shallow roasting pan. Bake until mushrooms are browned, 25 to 30 minutes. Cool. Reduce oven temperature to 350° F.
3. Combine mushroom mixture and remaining ingredients. Mix lightly but well. Shape into 24 meatballs. Place 1” apart in a shallow roasting pan coated with cooking spray.

**Nutrition:**

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<tbody>
<tr>
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<tr>
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<tr>
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<td>Dietary Fiber</td>
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