

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 400⁰ 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 350⁰ 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.
4. Bake until internal temperature reaches 165⁰ F, 16 to 18 minutes. Drain. Serve hot.

Nutrition:

Calories: 140	Saturated Fat: 2.0 mg
Carbohydrate: 6 g	Cholesterol: 60 mg
Protein: 14 g	Sodium: 230 mg
Total Fat: 7 g	Dietary Fiber: 1g