


















# TURKEY SPINACH MEATBALLS (page 1)

STEP	INGREDIENTS	PROCEDURE
<p><b>1</b></p>	<p> <b>5 oz. bag of spinach</b></p> <p> <b>kitchen shears</b></p> <p> <b>1 cup quick oats</b></p> <p> <b>1 egg</b></p> <p> <b>1/2 teaspoon Italian seasoning</b></p> <p> <b>ground turkey</b></p> <p> <b>mixing bowl</b></p> <p> <b>mixing spoon</b></p>	<p>Roll spinach and cut into small pieces with kitchen shears.</p> <p></p> <p>Add chopped spinach, oats, Italian seasonings, 1 egg and ground turkey together in a bowl. Mix together with a mixing spoon or your hands.</p> <p></p>

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STEPS	INGREDIENTS	PROCEDURE
2	 <p>turkey mixture</p>	<p>Roll turkey mixture with hands into approximately 18 balls. Set aside.</p> 
3	 <p>1 jar of favorite pasta sauce</p>  <p>shaped meatballs</p>  <p>electric skillet</p>	<p>Pour pasta sauce into skillet or saucepan and bring to a boil.</p>  <p>Add meatballs to sauce and simmer for 15 minutes or until meatballs are cooked through.</p> 

**Nutrition Facts**

4 servings per container  
Serving size About 5 Meatballs

Amount per serving  
**Calories 390**

% Daily Value\*

Total Fat 15g 19%

Saturated Fat 3.5g 18%

Trans Fat 0g

Cholesterol 125mg 42%

Sodium 730mg 32%

Total Carbohydrate 29g 11%

Dietary Fiber 7g 25%

Total Sugars 10g

Includes 0g Added Sugars 0%

Protein 31g

Vitamin D 1mcg 6%

Calcium 99mg 8%

Iron 4mg 20%

Potassium 489mg 10%