

# RECIPE OF THE WEEK

## Turkey and Spinach Meatballs

### Ingredients

2 tbsp. olive oil  
1 large onion – finely chopped  
2 garlic cloves – finely minced  
1 tsp. salt  
½ tsp. ground black pepper  
¼ tsp. dried thyme leaves  
½ tsp. dried oregano

¼ – ½ tsp. crushed red pepper flakes  
16 oz frozen chopped spinach – defrosted and drained  
2 tbsp. Worcestershire sauce  
⅓ cup chicken broth  
2½ lbs lean ground turkey  
2 large eggs



### Preparation

1. Preheat the oven to 400°F and prepare a large baking sheet by spraying with cooking spray. Use foil over the baking sheet if needed.
2. In a frying pan on medium heat, heat olive oil until hot. Add onion, garlic, salt, pepper, thyme, oregano, and red pepper flakes.
3. Sauté until onion is tender, for about 5-6 minutes total time.
4. Add spinach to the pan and mix with onion mixture. Now, add Worcestershire sauce and chicken broth and mix well to combine.
5. Cook until most of the liquid has cooked out.
6. Remove from heat and allow to cool off and come to room temperature.
7. Take a large bowl and combine the turkey and egg. Add the cooled onion/spinach mix to the meat mix.
8. Using hands, make meatballs about 1-1½ inches in diameter. Place them on the baking sheet. Leave a little bit of space between each meatball.
9. There should be about 40-42 meatballs. These can be frozen for the future.
10. Bake meatballs until they are cooked through with an internal temperature of 160°F. Takes about 20 minutes.
11. Remove from oven and serve!

