



Dinner Recipes

Turkey-Quinoa Meatballs

Ingredients:

- 1 pound 99% lean ground turkey breast
- 1 pound 93% lean ground turkey
- 1 cup cooked quinoa (cooked in chicken broth)
- 1 medium yellow onion, diced
- 6 garlic cloves
- 1 cup chopped spinach leaves
- 1 large egg, whisked
- 2 tablespoons low sodium soy sauce
- ¼ teaspoon red chili flakes
- 1 tablespoon Italian seasoning
- 1 teaspoon dried oregano
- 1 teaspoon salt
- 1 teaspoon pepper



Directions:

1. Preheat oven to 350 degrees. Spray baking pan.
2. In a large bowl, combine all ingredients and mix.
3. Roll into balls (about the size of a golf ball) and place on a baking sheet
4. Bake for 30 minutes (until golden brown). Flip meatballs about 15 minutes after cooking.

Enjoy!

Makes 14-16 meatballs (each about 2-3 ounces), serving size is 2 meatballs

Nutrition Information:

Meal Plan Blocks:

1 serving: 138 calories, 30 grams protein, 9 grams carbs, 6 grams fat

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