


# Spinach & Garlic Baked Turkey Meatballs

 Ready in 1 hour & 5 minutes



Meal Type:

**DINNER**

Preparation Difficulty:

**EASY**

Program Phase:

**ALL PHASES**

Preparation Time:

**PREP: 20 minutes**

**COOK: 45 minutes**



**TIP: MEAL PREP THE SQUASH IN ADVANCE SO THE MEAL IS COMPLETED SOONER.**

## INGREDIENTS (3-4 SERVINGS):

2 lbs ground turkey

2 large eggs

1/2 cup almond meal (use 1/4 cup if using very lean turkey)

3 garlic cloves, grated

3 oz fresh baby spinach, chopped (about 1 and 1/2 cups)

1 tsp onion powder & 1 tsp garlic powder

1 tsp dried Italian seasoning

1 tsp sea salt

1/2 tsp ground pepper

1 medium spaghetti squash

1 jar good marinara sauce (no added sugar)

1. Preheat oven to 400 degrees F. Rinse the spaghetti squash and wipe dry. Using a fork, poke holes all over the squash. Line a baking sheet with foil and place squash on it. Bake for about 35-45 mins, until soft.
2. In a large bowl, combine all meatball ingredients. Mix with your hands until just combined, don't over mix.
3. Using a scoop, spoon or hands, roll mix into balls. Use a food scale to weigh each meatball to be just over 2 oz (2.3-2.5 oz) as they will lose moisture in the oven.
4. Grease a rimmed baking sheet with cooking spray and place meatballs on the sheet. Freeze for 15 mins.
5. Once they are firm, with wet hands, roll the meatballs again so they are tight and smooth.
6. Bake in the preheated oven for about 20 mins and then broil on high for 4 mins to brown the tops.
7. Serve over the baked spaghetti squash (2 meatballs for females, 3 for males) with marinara sauce.

**#EATGOODFEELGOOD**