

Juicy Turkey Meatballs with Spinach and Feta



INGREDIENTS

- 2 cups baby spinach
- 1 slice whole wheat bread crust removed
- 1-pound ground turkey
- 1 yellow onion grated
- 3 garlic cloves minced
- ½ cup feta cheese crumbled
- 1 egg beaten
- ½ cup chopped fresh parsley
- 1 tablespoon dried crushed mint
- 1-tablespoon extra virgin olive oil
- Kosher salt and black pepper

INSTRUCTIONS

Preheat the oven to 400 degrees F.

Toast the bread until just brown then transfer it to a bowl and add water to cover. Allow it to soak for about 5 minutes or until very tender. Discard the water and squeeze the bread very dry and crumble it a bit with your hands.

In a skillet heat 1 tablespoon extra-virgin olive oil. Add the spinach and cook briefly over medium heat until just wilted. Remove from the heat and let cool briefly.

Make the meatball mixture. In a large mixing bowl, add the ground turkey, onions, garlic, crumbled feta, egg, parsley, and mint. Add the bread and wilted spinach. Season with a big pinch of kosher salt and black pepper. Mix well to combine.

Form the mixture into balls (golf ball size) and arrange them on a large lightly oiled sheet pan.

Bake in the heated oven for about 30 minutes or until fully cooked through.

Transfer to the top rack and turn the broiler on for just a couple of minutes or until the tops are browned. Serve immediately with salad of your choice.