



Quinoa Turkey Meatballs

By Wendi Polisi

Ingredients

- 2 lbs of ground turkey (I used lean 93%)
- 1 cup of cooked quinoa (any color will do)
- 1 medium yellow onion, diced very small
- 6 garlic cloves, minced
- 1 cup of chopped spinach leaves (I used baby spinach leaves)
- 1/4 teaspoon of red chili flakes
- 2 tablespoons of low sodium soy sauce, Sriracha sauce or other hot sauce that you love or Worcestershire sauce
- 1 tablespoon of Italian Seasoning
- 1 teaspoon of Oregano Salt and Pepper
- 1 tablespoon of flaxseed meal
- 1 egg, beaten

Instructions

1. Preheat your oven to 350 and spray your baking pan with sides with baking spray. Set aside. In your stand mixer with the paddle attached, add all of the ingredients and mix until incorporated. Then form meatballs, rolling in between your hands and then lay out on your baking sheet. Repeat until you use all of the meat mixture. Bake for 35 minutes or a little more – until golden brown. Rotate them half way through the baking time

Notes

Servings 8, Calories 268, Fat 10.2g, Carbohydrates 7g, Protein 35.1g, Cholesterol 106mg, Sodium 234mg, Fiber 1.3g, Sugars .9g

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