

Greek Turkey Meatballs

Serves 4

Ingredients for Meatballs

- 1 pound ground turkey
- 1 ½ cups frozen chopped spinach
- ½ yellow onion, finely chopped
- 1 teaspoon garlic powder
- 1 Tablespoon salt-free seasoning
- 2 Tablespoons lemon juice
- Zest of ½ lemon
- 1 egg

Ingredients for Sauce

- 1 cup plain Greek yogurt
- 1 Tablespoon salt-free seasoning
- 1 Tablespoon lemon juice
- Zest of ½ lemon
- ½ teaspoon dried mint or dill

Directions

1. Preheat the oven to 350F.
2. Thaw spinach and squeeze out water.
3. Mix meatball ingredients together.
4. Take the meatball mix by tablespoons and roll into meatballs. Place them on a sprayed or foil-lined baking sheet.
5. Bake for 15 to 20 minutes or until meatballs are cooked through.
6. Mix the sauce ingredients together and serve with meatballs.