OATstanding Oats!

Turkey Meatballs

Makes
8 servings

Prep time
10 minutes

Cook time
30 minutes

Good Source of
Protein

Ingredients:

1	Tbsp. vegetable or canola oil
½	cup oats, quick or old-fashioned
½	cup low- or non-fat milk
1	lb. ground turkey
1	large egg, beaten
2	cloves garlic, minced
1/3	cup onion, diced
1/3	cup chopped spinach
2	Tbsp. grated parmesan cheese
½	tsp. Italian seasoning
½	tsp. salt
¼	tsp. black pepper

Nutrition Facts

8 servings per container

Serving size **2 meatballs (102g)**

Amount per serving

Calories **180**

	% Daily Value*
Total Fat 9g	12%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 75mg	25%
Sodium 420mg	18%
Total Carbohydrate 6g	2%
Dietary Fiber 1g	4%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 18g	
Vitamin D 0mcg	0%
Calcium 62mg	4%
Iron 1mg	6%
Potassium 258mg	6%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

UNIVERSITY OF GUAM COOPERATIVE EXTENSION & OUTREACH

GUAM SNAP-Ed

five two one almost none

EFNEP Expanded Food and Nutrition Education Program

Directions

Turkey Meatballs

Directions:

1. Preheat oven to 450 degrees F. Grease a baking sheet with oil and set aside.
2. In a pot over medium heat, combine oats and milk. Cook until milk has been absorbed and oats are thick, or about 5 minutes. Remove from heat and let cool.
3. In a large bowl, combine ground turkey, egg, garlic, onion, spinach, parmesan cheese, Italian seasoning, salt, black pepper, and the cooled oats. Mix until well combined.
4. Scoop about 2 tablespoons of the turkey mixture and form into a ball. Place the meatball on the greased baking sheet, and repeat with remaining mixture.
5. Bake meatballs for about 35 to 40 minutes. Be sure to flip the meatballs halfway through the cooking time for evenly browned meatballs.
6. Serve hot with marinara sauce or your favorite pasta dish. Refrigerate any leftovers.

uogcnep