

## mighty meatballs

- ½ pound ground turkey or beef
  - ½ cup fresh chopped spinach
  - 1 egg
  - ¼ cup bread crumbs
  - ¼ teaspoon garlic powder
  - ¼ teaspoon salt
  - ⅓ teaspoon black pepper
  - ¼ cup grated Parmesan cheese
1. Combine ingredients in a bowl. Shape into meatballs.
  2. Spray a metal baking sheet with a nonstick cooking spray. Place the meatballs on the baking sheet.
  3. Bake in a 425° oven for 16 to 18 minutes. Turn meatballs a couple times while baking so they brown evenly.



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