

Giulianna's Florentine-Style Turkey Meatballs

This is a great recipe to utilize what you have on hand, in your pantry or fridge. The spices and herbs can be substituted for fresh alternatives. Have fun with it and add in some feta cheese to make it more Greek if you prefer!

Yield: 4-6 ea. Dependent
on Size of Meatball

Prep. Time: 30 Minutes

Total

Ingredients:

- 2 tbsp. Olive Oil (Or 1 tbsp. Olive Oil + 1 tbsp. Butter)
- 1/4 c. Onions, Small Diced
- 1 tbsp. Garlic, Minced
- Pinch of Crushed Red Pepper
- 1 c. Baby Spinach Leaves, Raw, Roughly Chopped
- Splash of White Wine
- 1.5 lb. Ground Turkey
- 1/2 c. Panko Breadcrumbs
- 1 Egg
- Splash of Heavy Cream
- 1 tbsp. Grated Parmesan Cheese
- Salt, Pepper, Italian Seasoning To Taste
- 1 tsp. Parsley, Roughly Chopped

Method:

*Pre-heat Oven to 350F

1). In a sauté pan, heat up olive oil over low/medium heat. Sauté onions, garlic and crushed red pepper until the onions are translucent. *Don't heat up the pan too much otherwise the garlic will burn at this stage.*

2). Add in the baby spinach and continue to cook on a low heat until onions become slightly caramelized. Then, add in a splash of white wine to de-glaze the pan. Cool sauté mixture down once wine evaporates.

3). In a mixing bowl, combine the raw turkey meat, sautéed mixture and breadcrumbs together. In a separate bowl, whisk the cracked egg, heavy cream, cheese and seasonings/herbs together. Combine the two mixtures by hand until the meat incorporates all of the ingredients.

4). Roll into meatballs, whatever size you desire. Pan fry with some olive oil (that covers the base of the pan) on the stovetop to encrust the outside of the meatball and then finish baking in oven for about 15-20 minutes until the meat reads 165F.

*If you want to go the healthier route, skip the pan frying part and just bake in oven for 25-30 minutes or until golden brown on the outside.

Enjoy with some pasta and marinara sauce! 😊