

PUMPKIN AND SPINACH MEATBALLS

Ingredients

- 1 1/3 pounds ground turkey (at least 90% lean)
- 2 cups loosely packed spinach, finely chopped (yields about 1 cup)
- One 15-ounce can white beans, drained, rinsed, and partially mashed
- 3/4 cup canned pumpkin puree
- 1 egg, slightly beaten
- 2 Tbsp packed brown sugar
- 1/4 tsp ground nutmeg
- 2 tsp ground cinnamon
- 1/4 tsp ground ginger
- 1/2 tsp garlic powder
- 1/4 tsp kosher salt
- 1/4 tsp ground black pepper
- Low-sodium marinara sauce, optional

Directions

1. Preheat the oven to 350 degrees. Line a baking sheet with parchment paper.
2. Mix together all the ingredients in a large bowl until well combined and sticky, about 30 seconds. Do not overmix.
3. Using the palms of your hands, form the turkey mixture into light and fluffy golf-ball-size meatballs. You should end up with about 36 in total. Batter will be sticky. If you have difficulty, refrigerate the mixture for about 30 minutes to firm it up.
4. Bake the meatballs for 45 minutes on the middle rack. Remove from the oven and enjoy on a bed of fresh spinach leaves topped with some warm, low-sodium marinara sauce.

Serves 8