 **Turkey Meatballs**

*Serves 16*

**Ingredients**

1 lb 93% fat free ground turkey

1 cup baby spinach, chopped

1 small onion, chopped

2 cloves garlic, minced

2 eggs, whisked

½ cup parmesan cheese

1 tsp salt

**Directions**

1. Preheat oven to 450 degrees F. Prepare a baking dish with cooking spray.
2. Add all ingredients to a bowl and mix with hands or large spoon until fully combined.
3. Form into 16 balls and place in baking dish.
4. Bake for 30 minutes.

**Nutrition**

*70 cals, 1g carb, 8g protein, 4g fat (per meatball)*