



Sneaky Spinach Meatballs



SERVES: 4



TOTAL TIME:
30 minutes



ESTIMATED COST:
\$5

INGREDIENTS

- 1 lb ground beef or turkey,
- 1 cup fresh spinach, very finely chopped,
- 1 egg,
- 1/4 cup breadcrumbs,
- 2 garlic cloves, minced,
- Salt, pepper, and a pinch of Italian seasoning,
- Jarred marinara for serving



Good
food,
hidden
goodness!



INSTRUCTIONS

- ① Preheat oven to 400°F. Combine all ingredients and mix well.
- ② Roll into balls about the size of a golf ball and place on a lined baking sheet.
- ③ Bake 18 to 20 minutes until cooked through.
- ④ Serve over pasta with marinara.

