



Turkey Meatballs with Spinach and Feta

1 Tbsp canola oil
454g turkey sausage
300g frozen chopped spinach, thawed
3 cups tomato sauce
½ tsp garlic powder
1 tsp dried oregano leaves
¾ cup crumbled feta cheese

1. Add canola oil to a non-stick pan set over medium heat. To make the meatballs, squeeze 1" pieces of sausage meat out of the casing into the hot pan and discard the casing. Do this for all the sausages.
2. Cook, stirring occasionally, until the turkey meatballs are golden brown on each side, about 3min.
3. Squeeze out the excess water from the spinach and add it to the pan. 4. Stir in the tomato sauce, garlic powder and oregano and bring to a simmer. Cook for about 3min.
5. Top with crumbled feta and serve.

Serving suggestions: Tuck some of the meatball mixture into a bun, spoon over pasta, rice, cous cous or baked squash.