

Turkey Meatballs with Vegetables over Couscous

SERVES 4

Ingredients

FOR MEATBALLS

MEAT AND DAIRY

- 1 pound **ground turkey**
- 2 tablespoons **plain Greek yogurt**

OILS AND SPICES

- 2 tablespoons **olive oil**
- ¼ cup of **breadcrumbs**
- 2 teaspoons **oregano**
- 2 teaspoons **garlic powder**
- ½ teaspoon **cinnamon**
- 1 teaspoon **salt** (optional)

FOR VEGETABLES

- 4 cups **frozen broccoli and cauliflower mix**
- 1 tablespoon **olive oil**
- Salt and pepper** to taste

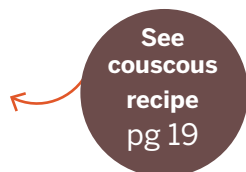
FOR SAUCE

- 1 tablespoon **plain Greek yogurt**
- 2 teaspoons **lemon juice**
- 2 tablespoons **olive oil**
- Pinch of **salt**
- Black pepper** to taste








Your yogurt sauce may begin to separate if it sits on the counter for a little bit. This is totally fine and does not mean it has gone bad, just whip it back up with your fork and enjoy!

GRAINS



- 2 cups cooked **couscous**



EQUIPMENT

-  Medium bowl
-  Measuring cups
-  Measuring spoons
-  Baking sheet
-  Fork
-  Spatula
-  Small bowl

Directions

- 1 Preheat your oven to 400 degrees.
 - 2 Drizzle a small amount of **olive oil** onto a baking sheet and spread around to coat the pan.
 - 3 Measure **all the meatball ingredients** into a bowl and use your hand to mix them together.
 - 4 Form the meatball mixture into 12 balls.
 - 5 Measure the **frozen broccoli and cauliflower** onto baking sheet, drizzle with **olive oil and salt and pepper** and toss to combine. Spread the vegetables out on one half of the pan, trying to leave enough room between veggies so they are not touching.
 - 6 Place the meatballs on the other half of the baking sheet
-  Put the sheet into the oven and bake for 5 minutes.
- 7 Flip meatballs and vegetables with a spatula.
-  Bake for another 8 to 10 minutes. The meatballs should be cooked through (165 degrees) and the vegetables should be brown on the edges.
- 8 While the meatballs are cooking, prepare the couscous and mix your sauce. To make the sauce, measure all ingredients into a small bowl and using your fork whip them together.
 - 9 Serve 3 meatballs and ¼ of the vegetables over ½ cup of cooked couscous.
 - 10 Save leftovers in the refrigerator for up to three days OR place in Ziploc bags and freeze for up to one month.

MIX IT UP AND MAKE IT YOUR OWN

- To make this an even more veggie packed dish, you could add 1/4 cup of shredded carrots and onions to the meatball mixture. This would add more moisture and flavor to your meatballs as well. You could also add more veggies to your sauce.
- This recipe features ground turkey. However, you can easily substitute ground chicken or beef.
- If you are avoiding meat altogether, you can make the meatballs using smashed cannellini beans or chickpeas. Just add two additional tablespoons of plain Greek yogurt to help with binding.
- This recipe uses garlic, cinnamon and oregano for flavor. You can certainly choose different spices to mix it up. Choose your favorites.
- We chose to use couscous in this recipe as it is quick to make and adds a great flavor and texture to the dish. If you do not like couscous or do not have it on hand, you can easily substitute brown rice or quinoa.

Nutrition Facts

1 serving per container
Serving size
1 each

Calories **370**
per serving

Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
Total Fat 19g	24%	Total Carbohydrate 42g	15%
Saturated Fat 3g	15%	Dietary Fiber 6g	20%
Trans Fat 0g		Total Sugars 3g	
Cholesterol 4mg	1%	Includes 0g Added Sugars	0%
Sodium 320mg	14%	Protein 9g	
Vitamin D 0.3mcg 0% • Calcium 80mg 6% • Iron 1.6mg 8% Potassium 390mg 8% • Phosphorus 150mg 10%			

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: 93% LEAN GROUND TURKEY, CAULIFLOWER, BROCCOLI, WHOLE WHEAT COUSCOUS [WHOLE DURUM WHEAT SEMOLINA], OLIVE OIL, GREEK WHOLE MILK YOGURT [MILK, CREAM, MILK PROTEIN CONCENTRATE, WHEY PROTEIN CONCENTRATE, LIVE YOGURT CULTURES (ACIDOPHILUS, BIFIDUS, L. BULGARICUS AND S. THERMOPHILUS), VITAMINS A, D3], LEMON JUICE, GARLIC POWDER, SALT, OREGANO, CINNAMON, VEGETABLE BROTH, BREADCRUMBS