

*Turkey Meatballs with Sautéed Spinach*

**Recipe**

- 1 pound ground turkey meat
- 1 egg
- 1/4 cup almond flour
- 1/4 cup steel cut oatmeal
- 1/4 cup chopped parsley
- 1 clove garlic, finely diced
- 1/4 cup shallot or onion, finely diced
- 1 teaspoon mustard
- 1 teaspoon salt, or to taste
- 1 teaspoon pepper, or to taste

**Direction**

- Preheat oven to 400° F. Lightly grease a sheet pan with oil and set aside.
- In a bowl, mix all ingredients together thoroughly with your hands. Roll into about 20 meatballs and place on pan. Bake until golden brown, about 20 minutes or until cooked through and not pink in the middle.

