

MOZZARELLA STUFFED MEATBALLS



INGREDIENTS:

- 1 lb 97/3 ground turkey
- 1.5 tbsp Italian seasoning
- 1 tsp garlic powder
- 2 tbsp bread crumbs
- 1/4 tsp salt
- 1 egg
- 1 cup tomato basil marinara sauce
- 2 low fat string cheese
- 5 servings chickpea pasta (2 oz/serving)
- 5 cups spinach

DIRECTIONS:

1. Chop string cheese into 10 pieces
 2. Grab a large bowl to mix the turkey
 3. Add turkey, Italian seasoning, garlic powder, salt, bread crumbs, and egg. Mix well.
 4. Make 10 evenly sized meatballs. Flatten the meatball into a patty, place cheese in the center and close the meatball around it.
 5. Cook meatballs on a deep pan. Cover with the bottom of the pan with pasta sauce and add the meatballs. Cook on medium heat, covered, for 15-20 minutes (flip halfway) or until internal temperature reaches 165 F.
 6. Cook pasta according to package instructions.
- *Pro tip: once pasta is cooked place a bowl on a kitchen scale, tare out the bowl, and weigh out cooked pasta. Divide the total by 5 to determine weight per serving.*
7. Serve the pasta with 2 meatballs and 1 cup of spinach.

Enjoy!

Makes 5 Servings

Calories: 417 | Protein: 34 g | Carb: 43 g | Fat: 14 g | Fiber: 7 g