

Turkey Florentine Meatballs

Total Cost - \$28.00
Per Person Cost - \$3.50

Ingredients:

- 1 large egg
- 1 box frozen spinach (10oz) defrosted in microwave
- 1 1/3 pounds ground turkey (1 package)
- 1 medium onion, finely chopped, divided
- 3 cloves garlic, chopped
- 1 3/4 cups milk, divided
- 3/4 cups breadcrumbs (3 handfuls)
- 1/2 cup grated Parmigiano Reggiano cheese (2 palmfuls)
- Course salt & black pepper

Credit: Adapted from
(<https://www.rachaelray.com/recipes/florentine-meatballs/>)



Turkey Florentine Meatballs

Directions Pre-Heat Oven to 400 degrees

- Wring the defrosted spinach in a clean kitchen towel
- Place the turkey in a bowl and make a well in the middle of it
- Add the spinach, onion, garlic, egg, $\frac{1}{4}$ cup of milk, breadcrumbs, grated parmigiana reggiano cheese, salt & pepper
- Mix well – form into 12 large balls
- Drizzle with Extra Virgin Olive Oil (EVOO)
- Arrange on nonstick cookie sheet – roast for 30 mins or until cooked through

Credit: Adapted from

(<https://www.rachaelray.com/recipes/florentine-meatballs/>)



Turkey Florentine Meatballs

White Cheesy Sauce

Ingredients:

2 tablespoons butter

2 tablespoons all-purpose flour

1 cup chicken stock

1 package shredded provolone or blend of Italian cheeses (10 ounces)

¼ cup parsley leaves, chopped for garnish

Credit: Adapted from

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Turkey Florentine Meatballs

White Cheesy Sauce

Directions

- Heat small saucepan over medium heat
- Add a drizzle of Extra Virgin Olive Oil and 2 tablespoons of butter
- Melt butter, whisk in flour
- Cook for 1 minute, then whisk in remaining 1 ½ cups of milk and 1 cup chicken stock
- Bring to a boil, add cheese, salt & pepper
- Continue to cook on low, stirring until sauce thickens
- Drizzle over meatballs when serving and garnish with parsley

Credit: Adapted from

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Turkey Florentine Meatballs

Fire-Roasted Red Pepper Sauce w/Pasta

Ingredients:

- Salt ~ Black Pepper ~ Italian Seasoning
- 1 lb box of your favorite pasta type
- 1 (12-16 oz) jar roasted red peppers, drained & halved
- 3 tablespoons extra virgin olive oil (EVOO)
- ½ teaspoon crushed red pepper
- 1 (14 ½ oz) can crushed fire-roasted tomatoes

Credit: Adapted from

Adapted from (<https://www.rachaelray.com/recipes/mussels-in-roasted-red-pepper-sauce/>)



Turkey Florentine Meatballs

Directions

- Bring a large pot of water to a boil, salt it, add the pasta and cook until al dente
- While pasta is cooking – prepare sauce
- In a food processor, puree the red peppers
- Using medium heat, in a large saucepan heat 3 tablespoons of olive oil
- Add the garlic & crushed red peppers – cook for five minutes, stirring frequently
- Stir in pureed peppers, reduce heat, simmer for 7 minutes
- Add the tomatoes, season to taste with Italian seasoning, salt and black pepper

Credit: Adapted from

(<https://www.rachaelray.com/recipes/mussels-in-roasted-red-pepper-sauce/>)

