

Baked Spinach, Garlic, and Rosemary Turkey Meatballs

3 large cloves garlic, peels left on
1/4 cup bread crumbs (from flavored croutons if you have them, or make your own!)
1/4 cup finely minced onion (I used the same Ninja that I ground up the breadcrumbs in)
1 pound ground turkey
8 ounces frozen spinach, thawed and squeezed dry
1 large egg
1/4 teaspoon dried, crushed rosemary (I crush the dried leaves with a mortar and pestle)
Pinch of dried thyme
1/4 cup chicken stock
1 teaspoon Worcestershire sauce
Ground black pepper, to taste

Wrap the garlic cloves in foil and roast for 20 minutes in a 400-degree oven (toaster oven is more economical). Remove and let cool, then peel and mince.

Meanwhile, process the croutons into bread crumbs, remove, then process the onion into a fine mince. (Store-bought bread crumbs are fine, as well as mincing your own onion with a knife.)

Add all the ingredients to a large bowl and get ready to mess up your hands. Thoroughly combine all the ingredients using both hands. When completely combined, scoop out a large handful and roll around in your hands and shape into the size of a large golf ball or small tennis ball. You should end up with six fairly same-sized meatballs.

Place the meatballs in a small oil-sprayed baking dish and cover tightly with foil. Bake for 25 minutes or until an instant-read thermometer reads 160 degrees.

Remove foil then grate some fresh Parmesan cheese over top. Cook for another 5 minutes until cheese is melted and slightly browned. Serve immediately with any sides of choice.