



**BRAIN HEALTHY  
COOKING**

# Entrée

## *Savory Meatballs with Mint Infused Gravy*



### *Ingredients*

#### **MEATBALLS**

- 1 ¼ LBS ground turkey
- ½ CUP fresh chopped baby spinach
- ¼ CUP fresh chopped parsley
- ¼ CUP fresh diced onions
- ½ TSP cinnamon
- ¼ TSP nutmeg
- 2 TSP ground flaxseed
- 1/3 CUP wheat germ
- 2 TSP dulse flakes
- 2 TSP rice bran (optional)
- ½ TSP kelp powder
- 2 eggs to bind
- 2 TSP olive oil

#### **GRAVY**

- 1 CUP plain yogurt
- 1 ½ CUPS of water
- 2 TBSP fresh chopped mint
- 2 TSP low-sodium turkey base
- Arrowroot (cornstarch substitute) to thicken

### *Directions*

1. Preheat oven to 350° F.
2. Mix ground turkey, spinach, parsley, onions, eggs and olive oil together.
3. Mix all dry ingredients together in a separate bowl. Add dry ingredients to ground turkey mix and stir together (you may also use a countertop mixer.)
4. Shape into 2" balls and place on cookie sheet.
5. Bake for 12 to 15 minutes, until starting to brown.

#### **GRAVY**

6. In a saucepan on the stove, add 1½ cups of water (run the water over the cookie sheet that the meatballs were cooked on to get some of the flavors from the drippings) and the low-sodium turkey base.
7. Cook to a boil then add some Arrowroot for thickening.
8. Once thickened, add the yogurt and mint to the turkey gravy.

