
Turkey and Spinach Meatball Sandwiches

The Essential Southern Living Cookbook

Servings: 4

Start to Finish Time: 40 minutes

1 package (8 ounce) fresh baby spinach, divided
1 tablespoon extra-virgin olive oil
1 1/2 teaspoons minced garlic
1/2 teaspoon Kosher salt, divided
1/2 teaspoon black pepper, divided
1/2 pound ground turkey (with dark meat)
1/2 pound spicy Italian turkey sausage, casings removed
1/2 cup fine dry breadcrumbs
1/3 cup minced onion
1 1/2 ounces (1/3 cup) grated Parmesan cheese
2 large eggs, lightly beaten
1 1/2 cups jarred marinara sauce
4 ounces (2 cups) provolone cheese, shredded
4 French hoagie rolls

Thinly slice one cup of the spinach. Set aside. Heat oil in a Dutch oven over medium heat. Add the garlic. Cook until lightly browned and fragrant, about 1 minute. Stir in the remaining spinach. Cook, stirring constantly, for about 2 minutes. Add 1/4 teaspoon each of salt and pepper. Cook, stirring often, for 2 minutes. Drain well. Finely chop the spinach mixture.

In a large bowl, stir together the ground turkey, sausage, breadcrumbs, onion, Parmesan cheese, eggs, the chopped spinach mixture, 1/4 teaspoon of salt and 1/4 teaspoon of pepper until well blended. Gently shape the turkey mixture into twenty one-inch balls.

Bring the marinara sauce and 1/4 cup of water to a boil in a large skillet over medium heat, stirring occasionally. Reduce the heat to medium-low. Maintain at a simmer. Add the meatballs and cook until the meatballs are cooked through, 6 to 8 minutes. Reduce the heat to low. Cover and cook for 10 minutes.

Remove from the heat. Sprinkle with provolone cheese. Let stand, covered, until the cheese melts, 1 to 2 minutes. Divide the meatballs and sauce among the hoagie rolls. Top evenly with the reserved sliced spinach.

Serve immediately.

Sandwiches

Per Serving (excluding unknown items): 600 Calories; 42g Fat (63.8% calories from fat); 40g Protein; 15g Carbohydrate; 1g Dietary Fiber; 198mg Cholesterol; 1578mg Sodium. Exchanges: 1/2 Grain(Starch); 4 1/2 Lean Meat; 1/2 Vegetable; 5 Fat.