

Turkey-Feta Meatballs in Vegetable Tomato Sauce

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Servings: 4

VEGETABLE TOMATO SAUCE

1/4 cup olive oil
2 white onions, chopped
2 cloves garlic, chopped
2 red bell peppers, chopped
2 zucchini or yellow squash, grated
2 carrots, grated
1 butternut or acorn squash, peeled and chopped
2 teaspoons dried thyme
2 teaspoons dried oregano
4 cans (28 oz) reduced-sodium chopped tomatoes

MEATBALLS

1 pound ground turkey
1/3 cup red onion, diced
1/3 cup (2 oz) feta cheese, crumbled
2 cloves garlic, crushed
1/2 teaspoon fresh rosemary or fresh basil, chopped

Preheat oven to 350 degrees.

SAUCE: Heat olive oil in a large saucepan over medium heat. Add onion and garlic; saute 5 minutes.

Add bell peppers, zucchini, carrots, squash, thyme and oregano. Cook 10 minutes.

Add tomatoes and simmer until butternut squash is tender, about 20 minutes.

MEATBALLS: Mix all ingredients in a bowl; add some water if mixture is dry.

Shape into 12 balls and place on a greased baking sheet.

Bake about 25 minutes, until golden brown and thoroughly cooked.

Serve with sauce over spaghetti, if desired.

Per Serving (excluding unknown items): 384 Calories; 26g Fat (59.7% calories from fat); 23g Protein; 16g Carbohydrate; 4g Dietary Fiber; 100mg Cholesterol; 249mg Sodium. Exchanges: 0 Grain(Starch); 3 Lean Meat; 2 1/2 Vegetable; 3 Fat.