

Low-Point Turkey and Broccoli Meatballs

Ingredients:

- 10 oz. frozen package Green Giant Broccoli & Cheese Sauce, thawed and finely chopped
- 1 lb. 4 oz. (about 20 oz.) ground turkey
- 1/4 cup minced onions
- 1 Tbs minced garlic
- 1/2 tsp. kosher salt
- 1/4 tsp. pepper
- 1/2 cup Panko (Japanese bread crumbs)

Sauce:

- 1/4 cup water
- 1/4 cup vinegar
- 1/2 cup ketchup
- 1 tsp. teriyaki sauce
- 1 tsp. soy sauce
- 2 Tbs. Splenda

Preheat oven to 350 degrees. Spray a muffin pan with Pam cooking spray. In a large bowl, combine chopped broccoli and cheese, ground turkey, onions, garlic, salt, pepper, and Panko. Form balls with turkey mixture and place in muffin pan. In a separate small bowl, mix water, vinegar, ketchup, teriyaki sauce, soy sauce, and Splenda. Spoon sauce over meatballs and place in the oven for 30 to 35 minutes. Enjoy!

Total servings - 11

Serving size - 1

Points per serving - 2

This delicious recipe can be found on the website *Points In My Life*
(www.pointsinmylife.com)

"Every important choice we make is being guided by one of two places; either it is an act of faith or an act of fear. Faith opens the door to a new future." Debbie Ford