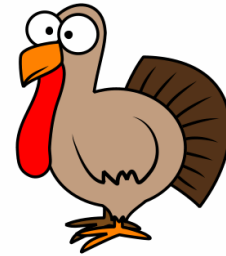


## 5 Minute Turkey Meatball (Pita-pocket) Subs

10 precooked turkey meatballs (you can buy these frozen in most grocery stores)

1 can fire-roasted diced tomatoes, Italian style

Whole grain pita pockets- approximately 5 halves



Slice the meatballs in half. Stir the meatballs and diced tomatoes together in a 4 cup microwave-safe large bowl, then heat in microwave for 4 minutes. Fill each pocket with  $\frac{3}{4}$  cup of meatball mixture. Makes about 5 pita pocket subs. Refrigerate leftover meatball mixture for on-the-go meals during the week!

Ground beef is very versatile and is used to “beef up” virtually any kind of meal or side dish. Try substituting some of the dishes you create with ground turkey instead. It is much cheaper than ground beef and can be bought extremely lean for a very decent price (try to buy at least 90% lean ground beef or turkey to **maximize nutrition and minimize extra calories and fat**). This recipe contains an **excellent source of protein, fiber, and iron**.

### NUTRITION FACTS

Serving Size: 1 pita with  $\frac{3}{4}$  cup meatball mix

Calories: 290

Total Fat: 6g

Saturated Fat: 2.5g

Polyunsaturated Fat: 1g

Monounsaturated fat: .5 g

Cholesterol: 30 mg

Sodium: 915 mg

Potassium: 109 mg

Total Carbohydrate: 45g

Dietary Fiber: 8g

Sugars: 4g

Protein: 19g

### Vitamin and Mineral Content:

Vitamin A 7%, B12 0%, B6 9%, C 11%, D 0%, E 3%, Calcium 4%, Folate 6%, Iron 20%, Magnesium 11%, Niacin 9%, Riboflavin 3%, Selenium 40%, Thiamin 15%, Zinc 7%