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 ¾ 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 ¾ 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%