

Meals with Teal #9

Menu:

Mediterranean style turkey meatballs
Orzo (optional- can substitute rice, quinoa, or pitas)
Salad

Bonus: Lemon cookies with icing glaze

Recipes:

Turkey Meatballs:

1lb ground turkey
1 egg
¼ cup half & half or milk
¼ - ½ cup breadcrumbs or panko
½ cup whipped feta
1tsp salt
½ tsp pepper
½ tsp Garlic powder
½ tsp onion powder
¼ - ½ tsp red pepper flakes

*Mix ground turkey with the other ingredients. Spray a cookie sheet with olive oil and place mixture on it using a spoon or medium ice cream scoop.

*Bake at 375 20-30 minutes until done.

Salad:

3-4 Persian cucumbers
1.5 cup grape tomatoes
1 or 2 avocados
Half a bag of spinach, arugula, or salad blend
(Can add red onion)

Dressing:

1/2 lemon
1/4 cup feta dip
1/2 c tahini
½ - ¾ cup extra virgin olive oil
1 tsp honey
1tsp salt
1tsp Garlic powder
1tsp onion powder

Bonus – Lemon Cookies:

Ingredients

1/2 cup butter, softened

1 cup granulated sugar

1/2 teaspoon vanilla extract

1 egg

1 tablespoon lemon zest

2 tablespoons fresh lemon juice

1/4 teaspoon salt

1/4 teaspoon baking powder

1/4 teaspoon baking soda

1 1/2 cups flour

Glaze:

1 c confectioners sugar

1-2 TBSP lemon juice

Lemon zest (optional)

Mix soft ingredients in a blender. Mix dry ingredients and add to the blender. Put balls of dough on cookie sheet and flatten some. Bake at 350 for 9-11 minutes.

Once slightly cooled spread glaze on top and enjoy once cooled!

Meals with Teal Video #9:

<https://www.youtube.com/watch?v=FjJBVRd19B8>

The "Bonus" video:

<https://www.youtube.com/watch?v=PvEE7Tu6CsI>

All Meals with Teal done so far:

<https://gwdocs.com/specialties/breast-surgery>

Grocery List from Safeway:

Condiments, Spice & Bake

Signature SELECT Bread Crumbs Original - 15 Oz **\$1.99**

Signature SELECT Garlic Powder - 3.12 Oz **\$2.99**

Signature SELECT Onion Powder - 2.62 Oz **\$2.79**

Signature SELECT Honey Clover Squeeze Bear - 12 Oz **\$3.99**

Signature SELECT Crushed Red Pepper - 1.5 Oz **\$2.00**

Dairy, Eggs & Cheese
Fruit and Vegetables

Lucerne Half & Half Ultra-Pasteurized Grade A - 16 Fl. Oz. **\$1.99**

Hass Avocado Large **\$1.99**

Lemon Large **\$0.45**

Cucumber **\$1.29**

Signature Select/Farms Grape Tomatoes - 1 Pint **\$2.49**

O Organics Half & Half Salad Blend - 11 Oz **\$5.49**

Meat & Seafood

Signature Select 93% Lean 7% Fat Ground Turkey - 16 oz **\$6.99**

International Cuisine

Tarazi Tahini Squeeze Bottle - 8 Oz **\$6.49**

Deli

Athenos Whipped Feta Dip And Spread - 8 Oz **\$5.99**

Total: \$46.95

Safeway gift card: \$50

Nutritional Information:

| | |
|-------|------------------|
| Title | Turkey Meatballs |
|-------|------------------|

| | |
|----------|---|
| Servings | 8 |
|----------|---|

| | |
|---------------------------------|--|
| Nutrition Facts (per 1 Serving) | |
|---------------------------------|--|

| | |
|----------|-----|
| Calories | 341 |
|----------|-----|

| | |
|-----------|--------|
| Total Fat | 18.4 g |
|-----------|--------|

| | |
|-----------|-------|
| Saturated | 6.5 g |
|-----------|-------|

| | |
|-------|-------|
| Trans | 0.1 g |
|-------|-------|

| | |
|-----------------|-------|
| Polyunsaturated | 2.6 g |
|-----------------|-------|

| | |
|-----------------|-------|
| Monounsaturated | 4.3 g |
|-----------------|-------|

| | |
|-------------|----------|
| Cholesterol | 196.1 mg |
|-------------|----------|

| | |
|--------|----------|
| Sodium | 673.4 mg |
|--------|----------|


| | |
|---------------------|--------|
| Total Carbohydrates | 16.9 g |
|---------------------|--------|

| | |
|---------------|-----|
| Dietary Fiber | 4 g |
|---------------|-----|

| | |
|-------|-----|
| Sugar | 9 g |
|-------|-----|

| | |
|--------------|-----|
| Added Sugars | 0 g |
|--------------|-----|

| | |
|----------------|-----|
| Sugar Alcohols | 0 g |
|----------------|-----|

| | |
|-----------|---|
| Net Carbs |  |
|-----------|---|

| | |
|---------|--------|
| Protein | 26.9 g |
|---------|--------|

| | |
|-----------|-------|
| Vitamin D | 8.8 % |
|-----------|-------|

| | |
|---------|-------|
| Calcium | 9.2 % |
|---------|-------|


| | |
|------|-------|
| Iron | 7.8 % |
|------|-------|

| | |
|-----------|----------|
| Potassium | 506.4 mg |
|-----------|----------|

| | |
|-----------|-----|
| Vitamin A | 3 % |
|-----------|-----|

| | |
|-----------|-------|
| Vitamin C | 0.1 % |
|-----------|-------|

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

| | |
|---------------------------------|---|
| Title | Greek Salad |
| Servings | 8 |
| Nutrition Facts (per 1 Serving) | |
| Calories | 312 |
| Total Fat | 28.3 g |
| Saturated | 4.6 g |
| Trans | 0 g |
| Polyunsaturated | 6 g |
| Monounsaturated | 16.3 g |
| Cholesterol | 4.5 mg |
| Sodium | 363.6 mg |
| Total Carbohydrates | 11.2 g |
| Dietary Fiber | 5.4 g |
| Sugar | 2.5 g |
| Added Sugars | 0 g |
| Sugar Alcohols | 0 g |
| Net Carbs |  |
| Protein | 4.7 g |
| Vitamin D | 0.1 % |
| Calcium | 7.9 % |
| Iron | 12.8 % |
| Potassium | 540 mg |
| Vitamin A | 13.4 % |
| Vitamin C | 32.3 % |