

Grab 'n' Go Dinner for Tonight

Turkey Swedish Meatballs
Serves: 4

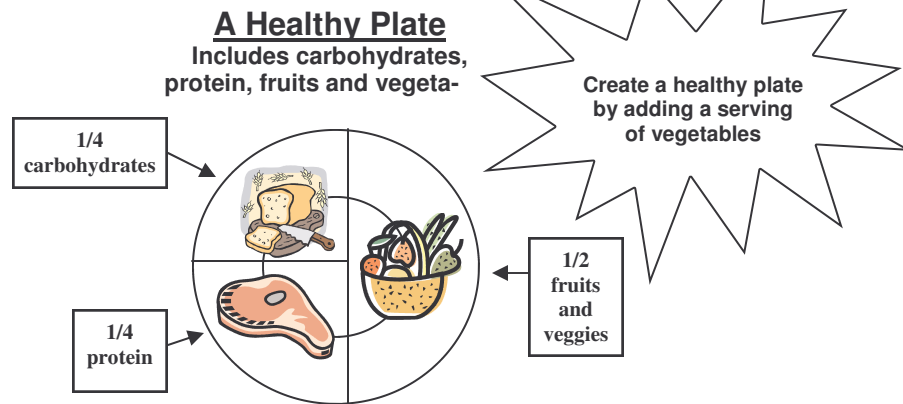
| Ingredients | Aisle # |
|--|-----------------|
| 3/4 teaspoon salt | Aisle 5 |
| 1/2 teaspoon ground allspice | Aisle 5 |
| 1/4 teaspoon freshly ground black pepper | Aisle 5 |
| 1 pound ground turkey | Meat Department |
| 3/4 cup lower-sodium chicken broth | Aisle 3 |
| 3 tablespoons reduced-fat sour cream | Dairy |
| 2 tablespoons chopped fresh parsley | Aisle 5 |

Prep Time: 10 minutes Cook Time: 15 minutes

- Mix together salt, allspice, and pepper in a medium mixing bowl. Add turkey and gently mix with hands to combine; shape into 4 (1-inch) balls.
- Heat oil in a large nonstick skillet over medium-high heat. Add meatballs and cook until browned, about 3 minutes; lower heat to medium and cook 3 more minutes, gently shaking pan. Using a slotted spoon, transfer meatballs to a plate.
- Add broth to the same skillet, increase heat to medium-high, and simmer until liquid is reduced by half, about 5 minutes. Whisk in sour cream and cook 1 minute more. Add meatballs. Sprinkle with parsley and serve over a high fiber pasta (like whole wheat.)
- And don't forget the veggies! Serve with a side salad (just toss together fresh greens, tomatoes and cucumbers) or some steamed vegetables like broccoli or green beans.

Source: South Beach Diet Quick and Easy Meals

| Turkey Swedish Meatballs | |
|--|--------------------------------|
| Amount Per Serving | |
| Calories 185 | |
| % Daily Value* | |
| Total Fat 10g | 16% |
| Saturated Fat 3g | 16% |
| Cholesterol 93mg | 31% |
| Sodium 216mg | 9% |
| Total Carbohydrate 1g | 0% |
| Dietary Fiber 0g | 0% |
| Protein 21g | |
| Vitamin A 5% | Vitamin C 5% |
| Calcium 3% | Iron 9% |
| *Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs. | |
| | Calories: 2,000 2,500 |
| Total Fat | Less than 65g 80g |
| Saturated Fat | Less than 20g 25g |
| Cholesterol | Less than 300mg 300mg |
| Sodium | Less than 2,400mg 2,400mg |
| Total Carbohydrate | 300g 375g |
| Dietary Fiber | 25g 30g |
| Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4 | |



Tonight's Grab 'n' Go Dinner
Cost per serving: \$1.06

To find the Grab 'n' Go dinner ingredients look for this logo throughout the store.



All ingredients will be marked with the Shape Up Kittitas County logo.