



**Kid Kritics Approved Product:  
Lisanatti Almond Cheeze - Mozzarella Style Chunks**



**Hot Turkey Ricotta Meatball Sandwich with Wilted Spinach**

by Healthy Recipe Mom, Stacy

**PREHEAT:** Oven to 350 degrees F

**PANS/EQUIPMENT:** Small and medium mixing bowls, baking sheet, large skillet, saucepan

**PREP TIME:** 30 minutes

**COOK TIME:** 12 minutes + 10 minutes

**NUMBER OF SERVINGS:** 4-6 depending on ages

**3 thin slices whole grain bread (crusts removed if desired)**

**2 Tablespoons lowfat milk**

Tear bread slices into very small pieces. Drizzle milk and mix together.

**1 pound ground turkey (no antibiotics)**

**1/2 cup ricotta cheese**

**1 egg white**

**1/2 cup Parmesan cheese**

**1 Tablespoon finely chopped rosemary**

**1 teaspoon garlic salt**

Mix with soaked bread and form into 1 inch meatballs.

**2 Tablespoons extra virgin olive oil**

Heat oil in skillet and saute meatballs until cooked through, turning frequently, about 12 minutes.

**2 cups marinara sauce (low sodium)**

Warm marinara sauce, add cooked meatballs and toss to coat.

**8 oz baby spinach (organic is best!)**

Wilt spinach with 1 Tablespoon of water in a saucepan on the stove. Spinach can be seasoned with a little salt, garlic, or garlic salt if desired.

**Hoagie rolls, whole grain**

**1 block (8 ounces) Lisanatti Almond Cheeze - Mozzarella Style chunks, finely shredded**

Slice rolls in half, drizzle with extra virgin olive oil, and toast in preheated oven for 5 minutes.

Remove and add 3-4 meatballs with sauce to each roll. Top with shredded cheese and return to oven for 5 minutes to melt cheese. Add wilted spinach before serving sandwiches. Serve warm.

**OPTIONS:** Use your favorite tomato sauce! Make your meatballs smaller for kids, if needed.

**FAMILY COMMENTS:** “Delicious! The cheese melted beautifully when shredded finely.” “I would even serve it with the spinach raw for some extra crunch.” (mother of 2)

**RECIPE SOURCE:** Based on “Meatball Bonanza” from *More Magazine*

**5 FOOD COLORS:** Tan, white, golden, green, red

**8 FOOD GROUPS:** Meats, dairy, grains, eggs, essential fatty acids, vegetables, fruit (tomatoes), nuts, herbs