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| b97d43_296573239b324bec8d13278f588fd3f7.jpeg ***Turkey Kebabs on a Bed of Spinach (serves 4)***  *Not Your Mama’s Kitchen*  *Variety Shopping List*  *MyPlate2Yours - Lynn Dugan* Ingredients 1 pound ground turkey  ½ medium onion, half finely diced and half thinly sliced  1 clove garlic, minced  2 ounces crumbled feta (about ⅓ cup)  ½ cup fresh chopped parsley (or 3 tablespoons dried), divided  ½ teaspoon salt  ¼ teaspoon ground black pepper  Tomato & Red Onion Salad:  1 cup grape tomatoes, quartered  1 tablespoon olive oil  1 tablespoon red wine vinegar  Salt and ground black pepper, to taste  2 cups baby spinach leaves, packed  Eight bamboo skewers (optional) Directions 1. Soak skewers (if using) in water for 15 minutes. Preheat oven to 375 degrees.  2. In a medium bowl, combine turkey, diced onion, half of parsley, feta, garlic, salt and pepper.  3. Divide mixture in half and into 4 portions per half. Form each portion around skewer and place on baking sheet (without skewers, create football shaped mounds and place on baking sheet).  4. Bake in oven for 20 minutes, until internal temperature reaches 165°F.  5. Meanwhile, prepare Tomato & Red Onion Salad by combining tomatoes, onions, remaining parsley, olive oil, vinegar. Season with salt and pepper.  6. Divide spinach leaves equally amongst 4 serving plates. If you prefer slightly-cooked spinach (also called wilted spinach), place plate filled with spinach in microwave for 15 seconds.  7. Serve kebabs on spinach and top with tomato salad. Enjoy!  *Craving starch? Try serving turkey kebabs on prepared orzo (with or without wilted spinach) and top with tomato salad!* |