

Turkey Meatballs

- 1 pound lean ground turkey
- 1 pound lean ground beef
- ½ cup bread crumbs
- 5 ounce package frozen spinach
- 1 egg
- ½ cup grated parmesan cheese
- 1 tablespoon Italian herbs
- 1 teaspoon garlic salt
- ½ teaspoon black pepper
- 1 cup bread crumbs for rolling meatballs

- 1 Thaw spinach. Drain off any excess water. Chop spinach into tiny pieces.
- 2 Combine all the ingredients in a large mixing bowl. Mix well.
- 3 Take small amounts and shape into meatballs. Roll meatballs in bread crumbs and place in a metal baking dish.
- 4 Bake in a 400° oven for 20 minutes or until meatballs are golden brown and meat is no longer pink.

This recipe makes about 30 meatballs.

It's good to have extra meatballs.

Place meatballs into plastic freezer bags and freeze. Meatballs can be kept in your freezer for 2 to 3 months.

You will be ready to put together many quick, easy and yummy lunches!

Make half your plate fruits and vegetables.

Spinach adds moisture and flavor to this meatball recipe. A delicious way to eat more veggies.



Fun Kid Meals

Spaghetti and Meatballs

Serve spaghetti sauce on cooked pasta. Top with a couple meatballs.

Meatball Soup

Add 2 or 3 meatballs to your favorite vegetable or tomato soup.

Meatball Sandwich

Place 1 or 2 meatballs on a small bun. Top with a little warm spaghetti sauce.

Meatball Tacos

Stuff 1 or 2 meatballs in a taco shell. Top with shredded lettuce, tomatoes, shredded cheddar cheese and salsa.

Baked Meatball Pasta

Combine 6 meatballs, 2 cups cooked pasta, 2 cups spaghetti sauce and ½ cup shredded mozzarella cheese together. Place in a baking dish. Heat pasta in the oven until hot.

Dip & Eat Meatballs

Dip warm meatballs in barbecue sauce or ketchup, and eat.

Meatball Pizza

Make tiny meatballs when rolling. Place cooked meatballs on top of a pizza. Heat and eat.

Too much TV?

How much TV does your child watch?

As we are getting into the winter months, you might want to keep track.

The amount of time a child spends in front of the television can have an effect on his health.

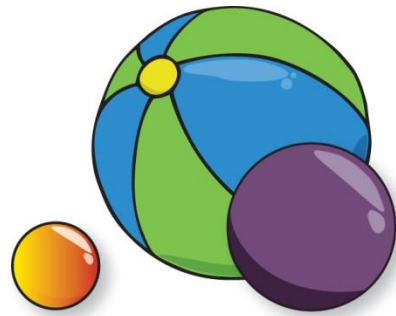
We know that a child who watches a lot of TV is less active, which is not good for his health.

Watching TV can do more than make your child less active.

What's the problem? It's the ads!

The average American child sees nearly 8000 commercials for food and beverages on TV in a year, and only 165 of these ads are for nutritious foods such as fruits and vegetables.

A child who spends a lot of time in front of the television is more likely to eat high calorie foods, drink sugary sodas and grow up to be an overweight adult.



What can a parent do?

- ✗ Limit TV to no more than 2 hours each day. Choose which shows your child will watch.
- ✗ Keep the television out of your child's bedroom.
- ✗ Watch TV with your child. Talk about the commercials and what are healthy foods and unhealthy foods.
- ✗ Don't eat while watching TV. It's too easy to overeat which is not good.

Play Inside

When the weather gets cold or wet, be ready to play inside. Create an area where you and your child can play together:

- ✗ Turn on the music and dance together.
- ✗ Do simple exercises together – sit-ups and pushups.
- ✗ Have a couple soft plastic balls that can be rolled and tossed in the house.
- ✗ Invite other children over to your home to play.

take a
small
step...to a
healthy
family

What can you do?

- Make Turkey Meatballs for my family.
- Create an active play area in our home.
- Make half my plate fruits and vegetables.
- Other: _____