FEATURED RECIPE: AVAILABLE AT WWW.NEWMANRH.ORG/BLOG

SNEAKY TURKEY MEATBALLS

1/4 HEAD CAULIFLOWER, BROKEN INTO FLORETS

1/2 CUP FINELY SHREDDED CABBAGE

1 TABLESPOON POTATO STARCH OR CORNSTARCH

1 TABLESPOON BALSAMIC VINEGAR

1 TEASPOON SEA SALT

1 TEASPOON DRIED BASIL

1/2 TEASPOON PEPPER

1 POUND GROUND TURKEY

OPTIONAL: BARBECUE SAUCE AND FRESH BASIL LEAVES

SNEAKY TURKEY MEATBALLS

PREHEAT OVEN TO 400°. PLACE CAULIFLOWER IN A FOOD PROCESSOR; PULSE UNTIL FINELY CHOPPED. TRANSFER TO A LARGE BOWL. ADD THE CABBAGE, POTATO STARCH, VINEGAR, SALT, BASIL AND PEPPER. ADD TURKEY; MIX LIGHTLY BUT THOROUGHLY. WITH ICE CREAM SCOOP OR WITH WET HANDS, SHAPE INTO 1 1/2-IN. BALLS. PLACE MEATBALLS ON A GREASED RACK IN A 15X10X1-IN. BAKING PAN. BAKE 20-24 MINUTES OR UNTIL COOKED THROUGH (165 DEGREES). IF DESIRED, TOSS WITH BARBECUE SAUCE AND TOP WITH BASIL.

NUTRITION FACTS: (2 MEATBALLS) 125 CALORIES, 6G FAT, 50MG CHOLESTEROL, 370MG SODIUM, 4G CARBOHYDRATE, 15G PROTEIN.