

turkey meatballs with cranberry gravy

Lean turkey gets a flavor boost from seasoned bread crumbs, Parmesan cheese, and parsley. A reduction of cranberries, orange juice, and broth becomes a fruit “gravy” to drizzle over the turkey and potatoes.

Makes 4 servings
(16 meatballs, 1½ cups gravy);
Total time: 45 minutes

FOR THE MEATBALLS—

- 1/2 cup Italian-seasoned bread crumbs
- 1/3 cup grated Parmesan cheese
- 1/4 cup chopped fresh parsley leaves
- 1 tsp. kosher salt
- 1 tsp. ground black pepper
- Pinch of red pepper flakes
- 1¼ lb. ground turkey
- 1/4 cup milk
- 1/4 cup low-sodium chicken broth

FOR THE SAUCE—

- 2 cups fresh or frozen cranberries
- 1 cup fresh orange juice
- 1 cup low-sodium chicken broth
- 1/4 cup sugar

Preheat oven to 450°.

Combine bread crumbs, Parmesan, parsley, salt, pepper, and pepper flakes in a large bowl. Add turkey; mix by hand until ingredients are thoroughly combined.

Add milk and 1/4 cup broth to bowl; stir to combine. Form mixture into 2-inch balls (about 2 Tbsp. each).

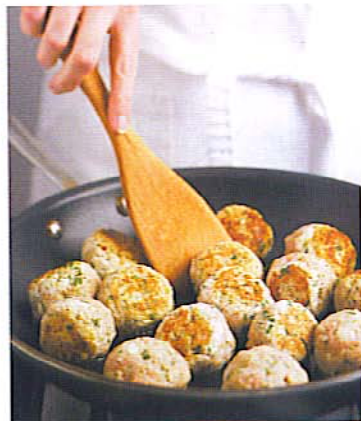
Coat a nonstick skillet with nonstick spray. Sauté meatballs over high heat until browned all around, 5–7 minutes. Transfer meatballs to a baking sheet. Bake meatballs until cooked through, about 10 minutes.

Combine cranberries, orange juice, the 1 cup broth, and sugar in the same skillet used to cook the meatballs. Simmer gravy over high heat until liquid is reduced by half and berries pop, 7–8 minutes. Serve with turkey meatballs.

Per serving: 351 cal; 12g total fat (4g sat); 90mg chol; 1095mg sodium; 29g carb; 2g fiber; 34g protein



Divide meat mixture into 16 portions, about 2 Tbsp. each. Roll each portion between your hands to form a ball.



Turn the meatballs in a skillet to brown them on all sides before putting them in the oven to bake.



Stir the cranberry mixture to scrape up any bits left from the meatballs; simmer gravy until the berries burst.



two-potato mash

Makes 4 servings (4 cups)
Total time: 30 minutes

- 1 lb. russet potatoes, peeled and cut into chunks
- 1 lb. sweet potatoes, peeled and cut into chunks
- 1 can pineapple juice (6 oz.)
- 3 Tbsp. unsalted butter, softened
- Kosher salt to taste
- Chopped fresh parsley leaves

Cook russet potatoes in a pot of boiling salted water for 10 minutes. Add sweet potatoes; continue boiling until potatoes are tender, 7–8 minutes. Drain potatoes, return to pot over medium heat for about 1 minute, stirring constantly.

Mash potatoes coarsely in the pot. Stir in pineapple juice, butter, and salt. Garnish potatoes with parsley.

Per serving: 263 cal; 9g total fat (5g sat); 23mg chol; 297mg sodium; 44g carb; 4g fiber; 3g protein