



Food & Dining

REACH US || SUZANNE LAMBERT, SUZANNE.LAMBERT@ARIZONAREPUBLIC.COM & DEBORA BRITZ, DEBORA.BRITZ@ARIZONAREPUBLIC.COM

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MICHELLE DUDASH DISH WITH DUDASH

Go lean with turkey meatballs, Greek yogurt



Frozen turkey meatballs are a lifesaver for busy people who want to prepare delicious, healthier meals in minutes. And they have many uses beyond drenching in marinara sauce and plopping on top of spaghetti. These savory, leaner meat-

balls are a staple in my freezer, since my whole family loves them. However, keep an eye on the nutrition label, since the sodium contents can vary greatly.

For the sauce, I use Greek yogurt to replace the

sour cream that is traditionally used, which reduces saturated fat and calories while boosting protein, potassium and calcium. You can also experiment by using thick Icelandic yogurt, referred to as skyr. The secret to keeping the sauce smooth and intact is adding the yogurt *after* cooking, removed from direct heat to prevent curdling.

Michelle Dudash of Scottsdale is a registered dietitian, chef and columnist for The Arizona Republic and publisher of a healthy eating newsletter, michelledudash.com.

Swedish Turkey Meatballs With Greek Yogurt

Prep time: 10 min.

Cook time: 20 min.

Servings: 4.

1 tablespoon extra-virgin olive oil

1 pound frozen turkey meatballs

1 (8-ounce) container crimini mushrooms, sliced (about 2½ cups)

¾ cup diced onions

2 (5.3-ounce) containers fat-free plain Greek yogurt

½ cup beef broth

½ teaspoon ground nutmeg (use freshly grated for the best taste)

¼ teaspoon salt

Freshly ground black pepper

Cooked whole-wheat egg noodles

Chopped Italian flat-leaf parsley (optional, for garnish)

Lingonberry (or raspberry) preserves (optional, for garnish)

Set a large skillet on medium heat and add oil. Brown the meatballs for 5 minutes. Add the mushrooms and sauté 3 minutes, until the water begins to release. Add the onions and cook until tender, about 5 minutes. Pour in the broth and simmer to slightly reduce liquid, about 5 minutes. Remove from heat and stir in the yogurt, nutmeg, salt and pepper. Serve over noodles. Sprinkle with parsley and serve with preserves, if desired.

Per serving: 315 calories, 16 g total fat (4 g saturated fat), 600 mg sodium, 45 mg cholesterol, 12 g total carbohydrates (1 g fiber), 34 g protein.

FROM MICHELLE DUDASH



MELEYNA NOMURA

Greek yogurt with Swedish turkey meatballs replaces the sour cream that is traditionally used for the sauce.

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