



Turkey Swedish Meatballs with Cauliflower Mash

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You'll love these lighter versions of your favorite comfort foods. The cauliflower mash makes a great substitute for mashed potatoes. (yield: 6 servings)

Ingredients:

Cauliflower mash:

- 1 head cauliflower, cut into florets
- 4 garlic cloves, smashed
- Kosher salt, to taste
- 1/4 c. light sour cream
- 1/4 c. grated parmesan cheese
- 2 Tbsp. salted butter
- Black pepper, to taste

Meatballs:

- 1 1/2 lb. ground turkey
- 1 small onion, grated
- 3/4 c. breadcrumbs
- 1/4 c. milk
- 1/4 c. fresh parsley, chopped, plus more for topping
- 2 tsp. brown mustard
- 1/2 tsp. kosher salt
- 1/4 tsp. black pepper
- Pinch of red pepper flakes
- 1 large egg plus 1 egg yolk

Sauce:

- 2 Tbsp. brown mustard
- 1 Tbsp. Worcestershire sauce
- 2 1/4 c. low-sodium beef broth
- Pinch of ground allspice
- 2 Tbsp. cornstarch
- 1/2 c. whole milk

1. Combine the cauliflower and garlic in a large pot, cover with water and season with salt. Bring to a simmer and cook until tender, 15 - 17 minutes. Drain the cauliflower and put in a food processor. Add the sour cream, parmesan, and butter; puree until smooth. Season with salt and pepper and return to the pot.
2. Mix the turkey, onion, breadcrumbs, milk, parsley, mustard, salt, pepper, red pepper flakes, egg, and yolk in a bowl.
3. Roll the turkey mixture into 1-inch balls and place on a baking sheet. Refrigerate 10 minutes. Preheat the broiler. Broil the meatballs until browned, about 4 minutes.
4. Combine the mustard, Worcestershire sauce, and 2 cups of broth in a large skillet over medium-high heat and bring to a boil. Stir in the allspice. Whisk the cornstarch and remaining 1/4 cup broth in a small bowl, then whisk the mixture into the skillet and bring to a boil. Slowly add the milk, whisking constantly.
5. Add the meatballs to the skillet. Simmer until cooked through and the sauce has thickened, 8 - 10 minutes. Serve the meatballs and sauce over the cauliflower mash. Top with parsley.



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