



## FLORENTINE MEATBALL SUBS

**Hands-on time:** 30 minutes

**Total time:** 30 minutes

**Makes:** 4 servings

Spinach adds extra nutrients to these juicy meatballs. The easiest way to remove the liquid from spinach is to wrap it in several layers of cheesecloth and squeeze until dry. This important step keeps the flavour of the meatballs from getting diluted and prevents the texture from becoming soggy.

half	pkg (300 g pkg) frozen spinach, thawed and squeezed dry
4	cloves garlic, sliced in half
1½ tsp	Italian herb seasoning
1 tsp	Dijon mustard
pinch	each salt and pepper

340 g	extra-lean ground beef
2 tsp	olive oil
1	large onion, thinly sliced
1 tsp	balsamic vinegar
1 cup	bottled strained tomatoes (passata)
4	hotdog buns

In food processor, pulse together spinach, garlic, Italian seasoning, mustard, salt and pepper until finely chopped. Add beef; pulse just until combined, about 3 times. Roll into 16 balls; arrange on parchment paper-lined baking sheet.

Bake in 400°F (200°C) oven, turning once, until no longer pink inside and instant-read thermometer inserted in several reads 160°F (71°C), about 12 minutes.

Meanwhile, in nonstick skillet, heat oil over medium heat; cook onion, stirring occasionally, until softened and golden, about 15 minutes. Stir in vinegar. Scrape into bowl.

Add meatballs and strained tomatoes to skillet; cook over medium heat, stirring, until heated through, about 2 minutes.

Halve buns lengthwise almost all the way through; arrange on baking sheet. Spoon onion mixture into buns; top each with 4 meatballs. Spoon tomato sauce over top. Bake in 400°F (200°C) oven until buns are warm, about 2 minutes.

**PER SERVING:** about 365 cal, 25 g pro, 12 g total fat (4 g sat. fat), 41 g carb (7 g dietary fibre, 11 g sugar), 47 mg chol, 496 mg sodium, 702 mg potassium. % RDI: 12% calcium, 36% iron, 30% vit A, 8% vit C, 26% folate.