Easy Tuna Meatballs

Ingredients
3, 5oz cans of tuna, drained
1/2 onion, small diced
1/3 cup frozen spinach
2 eggs
2 Tbsp mayonaise
2 garlic cloves, minced
1 Tbsp lemon juice
1/4 cup chopped parsley
1/4 tsp salt
pepper to taste

Directions
1. Pre-heat oven to 400F.
2. Line a baking sheet with parchment paper or aluminum foil. Spray with cooking spray or spread 1 teaspoon of oil.
3. Defrost frozen spinach and squeeze extra water out.
4. Combine all ingredients in a large bowl and mix.
5. Scoop and roll 2 Tablespoons of tuna mixture. Place tuna meatball onto prepared baking sheet.
6. Once all meatballs are rolled, baked for 20 minutes, or until golden brown on edges. Serve warm.

Servings: 4-6
Prep time: 10 minutes
Cook time: 20 minutes
Total time: 30 minutes

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