

Ingredient list for **Mediterranean Italian Cooking Class**

Italian Turkey Meatballs

Ingredients:

- 1 tablespoon avocado or olive oil
- ½ onion, finely chopped
- 3 cups spinach, roughly chopped
- 4 cloves garlic, minced
- 2 tablespoons fresh basil, minced
- 2 tablespoons fresh parsley, minced
- 1 tablespoon fresh rosemary, minced
- 1 tablespoon dried oregano
- 1 pound 93% lean ground turkey
- 1 egg
- ½ cup panko breadcrumbs
- ¼ cup grated Parmesan cheese
- ¼ teaspoon sea salt
- ½ teaspoon ground black pepper

Oven Roasted Tomato-Basil Sauce

Ingredients:

- 6 medium fresh Roma or San Marzano tomatoes, quartered, or about 3 cups of the tomato quarters
- 1.25-ounce package of fresh basil, or 2 loosely packed cups, divided
- 5 small cloves garlic, smashed and peeled
- 3 tablespoons olive oil
- ¼ teaspoon salt
- 2-4 tablespoons water

Tiramisu Redo

Ingredients

- 2 tablespoons boiling water + ½ teaspoon instant espresso powder OR 2 tablespoons strong brewed coffee
- 1 pinch fresh grated orange zest
- ¼ cup low-fat ricotta cheese
- ¼ cup low-fat Greek yogurt
- ¼ teaspoon vanilla extract
- ⅛ teaspoon almond extract
- 4 teaspoons maple syrup, honey, or agave
- 3 sheets of graham crackers, divided into halves

Optional:

cocoa powder, chocolate shavings, or chocolate chips for garnishing