



SPAGHETTI AND MEATBALLS

MATERIALS:

Large pot with lid
Sharp knife
Mixing bowl
Cutting board

Wooden spoon
Measuring spoons
Colander
Can opener

INGREDIENTS:

1/2 package of spaghetti noodles (8oz)
1 large egg
1 lb ground turkey
1 tbsp. all purpose flour
1 tsp onion powder
1 tsp garlic powder
1/2 tsp salt
1/4 tsp lack pepper
4 tsps. Italian seasoning
1 (14.5oz) can spaghetti sauce
1 (14.5oz) can diced tomatoes
1 tbsp. oil

Serves: 5

Serving Size: 4 meatballs, 3/4 cup pasta, 1/2 cup sauce, 14g fat per serving

Recipe adapted from Share Our Strength's Cooking Matters®

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DIRECTIONS:

1. Cook spaghetti according to package directions. In a colander, rinse with cool water and drain well.
2. While spaghetti is cooking, in a medium bowl, beat egg with fork. Add turkey, flour, onion powder, garlic powder, salt, pepper, and 2 teaspoons of Italian seasoning. Mix well. With damp hands, roll about 1 tbsp. of meat to make 20 meatballs. Set aside.
3. In a large saucepan, add tomato sauce, diced tomatoes, and Italian seasoning. Bring to a boil, then lower heat to a simmer and add meatballs. Cook partially covered for 10 minutes without stirring. (Stirring before the meatballs “set” may break them.)
4. Gently stir and cook, partially covered, until the meatballs are just cooked through, about 5 minutes. Serve over spaghetti.

NUTRITION TIP:

Check the fat content on ground turkey and beef, look for 90/10 or less to reduce saturated fat intake.

Chef's Notes:

- Sauce can be frozen for up to 3 months after prepared. Just unthaw in the refrigerator overnight and serve over fresh pasta.
- Try adding onions, bell peppers, or mushrooms to increase vegetable intake and add flavor.