



Healthy Turkey Meatballs with Spaghetti



Where service *and* savings matter.

SERVINGS: 4

INGREDIENTS:

- 1 lb ground turkey (93% lean, dark/white mix)
- 1/3 cup egg beaters
- 2/3 cup Food Club garden combination pasta sauce
- 1/3 cup quick oats
- 1/3 cup Knorr's vegetable soup mix
- 1/4 tsp ground black pepper
- 8 oz. 100% whole wheat spaghetti

NUTRITIONALS

Nutritional analysis per serving (spaghetti and meatballs only): calories 430, calories from fat 80, total fat 9g, saturated fat 2.5g, cholesterol 65mg, sodium 660mg, total carbohydrate 55g, dietary fiber 9g, sugars 5g, protein 35g, vitamin A 25%, vitamin C 10%, calcium 6%, iron 25%

Serve with:

- Dole Mediterranean Blend Greens
- Food Club Light California French Dressing
- French Country Rolls (bakery)

DIRECTIONS:

1. Preheat oven to 375°F.
2. Mix all meatball ingredients in a large mixing bowl.
3. Form mixture into 8 meatballs and place in a large muffin pan sprayed with non-stick cooking spray. Cover pan with foil.
4. Bake covered in oven for 25 to 30 minutes, or until meatballs are cooked through. Remove foil and cook for an additional 5 minutes to brown if needed.
5. Cook spaghetti according to package directions while meatballs bake.
6. Top spaghetti with meatballs and pasta sauce.

Source: Chris Wilson Corporate Chef

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FOLD

★ Healthy Turkey Meatballs with Spaghetti ★ Shopping List

MEAT/POULTRY/SEAFOOD:

- 1 lb 93% lean ground turkey

DAIRY:

- Egg beaters

WHOLE GRAINS/ BREADS/PASTA:

- Quick oats
- 100% whole wheat spaghetti

SPICES/SEASONINGS:

- Ground black pepper

GROCERY/FROZEN/ MISCELLANEOUS:

- Food Club garden combination pasta sauce
- 1 pkg Knorr's vegetable soup mix

ALSO:

- Dole Mediterranean Blend Greens
- Food Club Light California French Dressing
- French Country Rolls (bakery)