



# YOUR LOGO

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## Nutrition Per Serving:

calories	299
protein	28 g
carbohydrate	37 g
total fat	5 g

**Prep time:** 20 minutes  
(25 minutes with homemade sauce)

**Cook time:** 20 minutes  
(35 minutes with Homemade sauce)

**Yield:** 4 servings

**Serving size:** 4 meatballs,  $\frac{3}{4}$  C pasta,  
 $\frac{1}{2}$  C sauce, 1 tsp cheese,  
pinch of basil

- 8 oz dry whole-wheat spaghetti
- 2 C Super Quick Chunky Tomato Sauce (see recipe on page 54)
- 1 Tbsp fresh basil, rinsed, dried, and chopped (or 1 tsp dried)
- 4 tsp grated parmesan cheese

### For turkey meatballs:

- 6 oz 99 percent lean ground turkey
- $\frac{1}{4}$  C whole-wheat breadcrumbs
- 2 Tbsp fat-free evaporated milk
- 1 Tbsp grated parmesan cheese
- $\frac{1}{2}$  Tbsp fresh chives, rinsed, dried, and chopped (or 1 tsp dried)
- $\frac{1}{2}$  Tbsp fresh parsley, rinsed, dried, and chopped (or 1 tsp dried)

### For beef meatballs:

- 6 oz 93 percent lean ground beef
- $\frac{1}{4}$  C whole-wheat breadcrumbs
- 2 Tbsp fat-free evaporated milk
- 1 Tbsp grated parmesan cheese
- $\frac{1}{2}$  Tbsp fresh chives, rinsed, dried, and chopped (or 1 tsp dried)
- $\frac{1}{2}$  Tbsp fresh parsley, rinsed, dried, and chopped (or 1 tsp dried)



## TURKEY AND BEEF MEATBALLS WITH WHOLE-WHEAT SPAGHETTI

*easy and delicious—try serving with Parmesan Green Beans (on page 52)*

1. Preheat oven to 400 °F.
2. In a 4-quart saucepan, bring 3 quarts of water to a boil over high heat.
3. Add pasta, and cook according to package directions. Drain.
4. Meanwhile, combine ingredients for the turkey and beef meatballs in separate bowls, and mix well. Measure  $\frac{1}{2}$  tablespoons of turkey mixture and roll in hand to form a ball; then place the meatball on a nonstick baking sheet. Repeat, and follow same instruction for beef mixture, until eight turkey and eight beef meatballs are made.
5. Bake meatballs on a nonstick baking sheet for 10 minutes (to a minimal internal temperature of 165 °F).
6. Warm sauce, if necessary.
7. Serve four meatballs,  $\frac{3}{4}$  cup hot pasta,  $\frac{1}{2}$  cup sauce, 1 teaspoon cheese, and a pinch of basil per portion.



Older children can help make the meatballs. Make sure everyone washes their hands and sanitizes all utensils and surfaces with disinfectant after handling raw meat.