BODYELITEFIT

TURKEY AND BEEF MEAT-BALLS WITH WHOLE-WHEAT SPAGHETTI

EASY AND DELICIOUS—TRY SERVING WITH PARMESAN GREEN BEANS

NUTRITION PER SERVING:

CALORIES	299
PROTEIN	28 G
CARBOHYDRATE	37 G
TOTAL FAT	5 G

PREP TIME:	20 MINUTES (25 MINUTES WITH HOMEMADE SAUCE)15 MINUTES
COOK TIME:	20 MINUTES (35 MINUTES WITH HOMEMADE SAUCE)
YIELD:	4 SERVINGS
SERVING SIZE:	4 MEATBALLS, ¾ C PASTA, ½ C SAUCE, 1 TSP CHEESE, PINCH OF BASIL

8 OZ	DRY WHOLE-WHEAT SPAGHETTI
2 C	SUPER QUICK CHUNKY TOMATO SAUCE (SEE RECIPE))
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
¼ C	WHOLE-WHEAT BREADCRUMBS
2 TBSP	FAT-FREE EVAPORATED MILK
1 TBSP	GRATED PARMESAN CHEESE
½ TBSP	FRESH CHIVES, RINSED, DRIED, AND CHOPPED (OR 1 TSP DRIED)
½ TBSP	FRESH PARSLEY, RINSED, DRIED, AND CHOPPED (OR 1 TSP DRIED)

FOR BEEF MEATBALLS:

6 OZ	93 PERCENT LEAN GROUND BEEF
¼ C	WHOLE-WHEAT BREADCRUMBS
2 TBSP	FAT-FREE EVAPORATED MILK
1 TBSP	GRATED PARMESAN CHEESE
½ TBSP	FRESH CHIVES, RINSED, DRIED, AND CHOPPED (OR 1 TSP DRIED)
½ TBSP	FRESH PARSLEY, RINSED, DRIED, AND CHOPPED (OR 1 TSP DRIED)

01 Preheat oven to 400 °F.

02 In a 4-quart saucepan, bring 3 quarts of water to a boil over high heat.

03 Add pasta, and cook according to package directions. Drain.

04 Meanwhile, combine ingredients for the turkey and beef meatballs in separate bowls, and mix well. Measure 1½ 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.

05 Bake meatballs on a nonstick baking sheet for 10 minutes (to a minimal internal temperature of 165 °F).

06 Warm sauce, if necessary.

07 Serve four meatballs, ¾ cup hot pasta, ½ 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.

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