



### NUTRITION PER SERVING:

<b>CALORIES</b>	299
<b>PROTEIN</b>	28 G
<b>CARBOHYDRATE</b>	37 G
<b>TOTAL FAT</b>	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

<b>8 OZ</b>	DRY WHOLE-WHEAT SPAGHETTI
<b>2 C</b>	SUPER QUICK CHUNKY TOMATO SAUCE (SEE RECIPE)
<b>1 TBSP</b>	FRESH BASIL, RINSED, DRIED, AND CHOPPED (OR 1 TSP DRIED)
<b>4 TSP</b>	GRATED PARMESAN CHEESE

### FOR TURKEY MEATBALLS:

<b>6 OZ</b>	99 PERCENT LEAN GROUND TURKEY
<b>¼ C</b>	WHOLE-WHEAT BREADCRUMBS
<b>2 TBSP</b>	FAT-FREE EVAPORATED MILK
<b>1 TBSP</b>	GRATED PARMESAN CHEESE
<b>½ TBSP</b>	FRESH CHIVES, RINSED, DRIED, AND CHOPPED (OR 1 TSP DRIED)
<b>½ TBSP</b>	FRESH PARSLEY, RINSED, DRIED, AND CHOPPED (OR 1 TSP DRIED)

### FOR BEEF MEATBALLS:

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

## TURKEY AND BEEF MEAT-BALLS WITH WHOLE-WHEAT SPAGHETTI

EASY AND DELICIOUS—TRY SERVING WITH PARMESAN GREEN BEANS

- 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.