

## Spaghetti and Meatballs

Makes 4 servings

### Meatballs

6 oz. 80% fat free ground chuck  
6 oz. 93% fat free ground turkey  
1/4 cup Italian bread crumbs  
1 egg  
1 clove garlic, finely chopped  
1/2 cup onion, finely chopped  
1 1/2 T parmesan cheese  
1/4 t salt

### Sauce

1 T canola oil  
1 cup zucchini, large dice  
3/4 cup diced bell pepper  
2 cloves garlic, minced  
3/4 cup marinara sauce  
2 t Italian seasoning  
1/2– 14 oz. can tomatoes, diced, no salt added  
1 T balsamic vinegar  
Pepper to taste



4 cups cooked whole wheat spaghetti

Preheat oven to 400°F. Combine all meatball ingredients in a bowl. Line a sheet pan with foil and spray with nonstick cooking spray. Form balls 1 1/2 inches in diameter and place them on the pan. You should have enough mixture to make 12 meatballs. Bake for 12-15 minutes and check temperature ensuring the meatballs have reached at least 165°F.

For the sauce, heat the oil in a medium sauté pan and add bell peppers and zucchini. Sauté for 3 minutes, add garlic, and sauté for an additional minute. Add marinara, tomatoes, balsamic, and pepper and heat until simmering.

Place three meatballs, about 2/3 cup sauce and one cup of spaghetti on each plate and enjoy.

Nutrition information per serving: 470 calories, 16g fat (4.5g saturated fat), 32g protein, 530 mg sodium, 9g dietary fiber.

