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## Spaghetti & Meatballs

### Ingredients

- 8 ounces whole wheat spaghetti (1/2 (16-ounce) package)
- 1 small onion
- 2 cloves garlic
- 1 large egg
- 1 lb. 93% lean ground turkey
- 2 Tbsp. all-purpose flour
- 1 tsp. onion powder
- 1 tsp. garlic powder
- 1 can (14-oz.) low-sodium crushed tomatoes
- 1 can (8-oz.) low-sodium tomato sauce
- 1 Tbsp. canola oil
- 1/2 tsp. salt
- 1/4 tsp. ground black pepper
- 4 tsp. Italian seasoning, divided

### Directions

1. Cook spaghetti according to package directions. In a colander, rinse with cool water and drain well.
2. While the spaghetti is cooking, peel onion and garlic. Finely chop onion and mince garlic. Set aside.
3. In a medium mixing bowl, beat egg. Add turkey, flour, onion powder, garlic powder, salt, pepper and 2 tablespoons Italian seasoning. Mix well. With damp hands, roll about 1 tablespoon of meat into a ball to make 20 meatballs. Set aside.
4. In a large saucepan over medium heat, heat oil. Add onion and cook until softened, about 2 minutes. Add garlic and 2 teaspoons Italian seasoning. Stir constantly for 30 seconds. Add tomato sauce and crushed tomatoes. Bring to a boil, then lower heat to a simmer and add meatballs. Cook, partially covered, for 10 minutes without stirring (stirring before the meatballs "set" may break them up into the sauce). Gently stir and cook, partially covered, until the meatballs are just cooked through, about 5 minutes more. Serve over spaghetti.

### Nutrition Fun Facts, Tips & Tricks

- When doubling the recipe, cook the meatballs and sauce in a large pot, and freeze half for up to 3 months. Thaw overnight in the refrigerator and reheat on the stovetop or microwave until hot. Serve over freshly cooked pasta.
- If you don't have Italian seasoning, use 2 teaspoons each dried basil and oregano instead.



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