

turkey and
beef meatballs
with whole-
wheat spaghetti



National Heart, Lung,
and Blood Institute

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Ingredients

8 ounces dry whole-wheat spaghetti
2 cups Super Quick Chunky Tomato Sauce (See separate recipe card for details.)

1 tablespoon chopped fresh basil
4 teaspoons grated parmesan cheese

For turkey meatballs:

6 ounces 99 percent lean ground turkey

1/4 cup whole-wheat breadcrumbs
2 tablespoons fat-free evaporated milk

1 tablespoon grated parmesan cheese
1/2 tablespoon chopped fresh chives
1/2 tablespoon chopped fresh parsley

For beef meatballs:

6 ounces 93 percent lean ground beef

1/4 cup whole-wheat breadcrumbs
2 tablespoons, fat-free evaporated milk

1 tablespoon grated parmesan cheese

1/2 tablespoon chopped fresh chives
1/2 tablespoon chopped fresh parsley

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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 1 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, 3/4 cup hot pasta, 1/2 cup sauce, 1 teaspoon cheese, and a pinch of basil per portion.

Yield 4 servings, **Serving Size** 4 meatballs, 3/4 cups pasta, 1/2 cup sauce, 1 teaspoon cheese, pinch of basil, **Calories** 299, **Total Fat** 5 g, **Saturated Fat** 1 g, **Cholesterol** 41 mg, **Sodium** 277 mg, **Total Fiber** 5 g, **Protein** 28 g, **Carbohydrates** 37 g, **Potassium** 194 mg