

Whole Wheat Spaghetti and Chicken Meatballs

10 Servings

- 2 # Ground Chicken or Turkey
- 2 Whole eggs
- 2 Tbsp. Ketchup
- 2 Tbsp. Worcestershire sauce
- 2 tsp. Vegetable oil
- 1 Tbsp. Red wine vinegar
- 1 tsp. Black pepper
- 1 ½ tsp. Garlic powder
- 1 ½ tsp. Onion powder
- 2 tsp. Oregano
- 1 ½ cups Breadcrumbs
- 10 oz. Whole grain pasta
- 1 tsp. vegetable oil
- 1 qt. Low sodium spaghetti sauce
- 1 tsp. Italian seasoning
- ¾ tsp. garlic powder

Pre-heat broiler. Put aluminum foil over broiler pan & lightly spray with pan spray.

Bring 2 quarts of water to a boil in a 4 qt. pan. Add 1 tsp. vegetable oil to the pan with the pasta. Lower heat to medium, stir pasta & cook about 10 minutes until pasta is tender. Remove from heat, drain & return to keep warm.

Meanwhile, in a bowl, mix together the ground chicken or turkey, eggs, ketchup, Worcestershire sauce, vegetable oil, red wine vinegar, black pepper, 1st amount of garlic powder, onion powder, oregano & breadcrumbs. Mix until thoroughly combined. Form into 1" meatballs & place ½" apart on prepared broiler pan. Put meatballs in oven under broiler & cook 10-12 minutes until at least 165°.

While pasta & meatballs are cooking, combine in a 2 qt. saucepan the spaghetti sauce with the Italian seasoning & 2nd amount of garlic powder. Heat thoroughly until at least 140°.

Total fat: 25 g Sat. Fat: 3 g Cholesterol: 0 mg Sodium: 396 mg.

