

Eat Well



FAMILY FAVOURITE SPAGHETTI AND TURKEY MEATBALLS

Get your comfort food craving filled with this all-time family favourite meal. Get ready for your kitchen to be filled with the rich, mouth-watering aroma of simmering tomato sauce!

Prep Time **20** min

Cook Time **40** min

Makes 6 Servings

- 1 pkg (450 g) lean ground turkey
- 45 mL (3 tbsp) seasoned whole wheat breadcrumbs
- 90 mL (6 tbsp) freshly grated Parmesan cheese, divided
- 30 mL (2 tbsp) chopped fresh parsley
- 1 mL (1/4 tsp) fresh ground pepper
- 1 can (796 mL/28 oz) no salt added tomatoes, pureed
- 1 carrot, grated
- 1 small onion, finely chopped
- 2 cloves garlic, minced
- 2 sprigs of fresh basil
- 1 mL (1/4 tsp) hot pepper flakes
- 1 pkg (375 g) whole wheat spaghetti

1. In a large bowl, combine turkey, breadcrumbs, 45 mL (3 tbsp) of the cheese, parsley and pepper. Using a 15 mL (1 tbsp) measuring spoon, roll turkey mixture into meatballs and place on parchment paper lined baking sheet. Repeat with remaining mixture. Makes 24 meatballs. Bake in preheated 180°C (350 °F) oven for 10 minutes*. Remove from oven.

2. Meanwhile, in a saucepan, bring pureed tomatoes, carrot, onion, garlic, basil and hot pepper flakes to a simmer. Add meatballs; cover saucepan slightly and simmer for about 30 minutes or until thickened.

3. In a pot of boiling water, cook spaghetti for about 10 minutes or until tender but firm. Drain well and return to pot. Toss with sauce and meatballs until well coated. Sprinkle with remaining cheese to serve.

* Use a digital food thermometer to check that meatballs have reached an internal temperature of 74°C (165°F).

Recipe developed by Emily Richards, P.H. Ec. for Health Canada and the Heart and Stroke Foundation.

NUTRIENTS PER SERVING % DV

Calories	385	-
Fat	8 g	12 %
Saturated	3 g	14 %
+ Trans	0 g	-
Cholesterol	71 mg	-
Sodium	221 mg	9 %
Carbohydrate	55 g	18 %
Fibre	7 g	27 %
Sugars	6 g	-
Protein	28 g	-
Vitamin A	-	23 %
Vitamin C	-	36 %
Calcium	-	18 %
Iron	-	29 %

TIPS

- To puree tomatoes, place in a blender or food processor and blend until smooth. If you don't have a blender, you can substitute 800 mL (3 1/4 cups) strained tomatoes (passata).
- Ask older kids to help make the meatballs. Be sure they wash their hands with soap and warm water for at least 20 seconds before and after handling food.
- Time saver: Whip up a double batch and freeze extra for another day.
- Switch up the grated carrots with shredded zucchini for a change.