RECIPE

Turkey Meatballs with Whole-Wheat Spaghetti

A tomato-sauce spaghetti dinner with baked turkey meatballs, spinach and carrot, at about 400 mg sodium a serving.

MAKES

6 servings US Metric

TOTAL

1 h

Ingredients

- [ ] 1 lb 93% lean ground turkey
- [ ] ½ cup old-fashioned rolled oats
- [ ] ½ cup frozen chopped spinach, thawed and squeezed dry
- [ ] ½ cup finely grated carrot
- [ ] ¼ cup finely chopped onion
- [ ] 1 large egg
- [ ] 1 tsp garlic powder
- [ ] 1 tsp dried oregano
- [ ] ¼ tsp black pepper
- [ ] ½ tsp salt
- [ ] 1 tbsp olive oil
- [ ] 1 medium onion, chopped (about 1 cup, 150 g)
- [ ] 2 cans (15 oz each) no-salt-added tomato sauce

Method

1. Heat the oven to 400 °F and line a rimmed sheet pan with parchment.
2. Mix the turkey, oats, spinach, carrot, chopped onion, egg, garlic powder, oregano, pepper and the ½ tsp salt with your hands, just until combined. Roll 24 meatballs, about 1½ in across, and set them on the pan.
3. Bake 18 to 22 minutes, until browned and the middle of a meatball reads 165 °F. The oven runs the same at altitude.
4. While they bake, warm the oil in a large pot over medium heat and cook the chopped onion 5 minutes. Add the tomato sauce, paste, basil, the sauce oregano and the ¼ tsp salt. Simmer 15 minutes, stirring now and then.

- [ ] 2 tbsp no-salt-added tomato paste
- [ ] 1 tsp dried basil
- [ ] 1 tsp dried oregano, for the sauce
- [ ] ¼ tsp salt, for the sauce
- [ ] 1 tbsp cider vinegar
- [ ] 12 oz whole-wheat spaghetti (340 g dry)
- [ ] 2 tbsp chopped fresh parsley

5. Slide the baked meatballs into the sauce and simmer 5 minutes. Stir in the vinegar.
6. Boil the spaghetti in unsalted water. At 5,300 ft water boils near 203 °F, so allow 1 to 2 minutes beyond the package time and taste for tender. Drain.
7. Serve the spaghetti topped with 4 meatballs and sauce, and a sprinkle of parsley.
8. Cool leftovers no more than 2 hours, then refrigerate. Reheat each serving to 165 °F, and bring the sauce to a boil.