

Spaghetti and turkey meatballs

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



Kid-friendly



Freezer-friendly



PREP TIME
20 min



COOK TIME
40 min



SERVINGS
6

Ingredients

- 1 pkg (450 g) lean ground turkey
- 45 mL (3 tbsp) seasoned whole grain 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 grain spaghetti

Directions

1. In a large bowl, combine turkey, breadcrumbs, 45 mL (3 tbsp) of the cheese, parsley and pepper. Using 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. *Use a digital food thermometer to check that meatballs have reached an internal temperature of 74°C (165°F). 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.

Tips

- ✓ **To purée tomatoes**, place in a blender or food processor and blend until smooth. If you do not 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.
- ✓ **Spaghetti squash method:** Looking for a creative way to increase your vegetable intake? Swap out the pasta for spaghetti squash. Here are a few ways you can cook it. Start by cutting the squash in half and scooping out the seeds. Place the squash cut-side down in a baking dish. Make sure the dish is microwave or oven-safe, depending on how you plan to cook it. Add about an inch of water to the baking dish. Choose your method of cooking the squash. **You can:** microwave until the squash is soft (about 10 minutes depending on the microwave and size of squash) **roast it in the oven** covered with aluminum foil in a baking dish cook at 200°C (400°F) until soft (30 to 45 minutes, depending on the size of the squash) Make the squash noodles once squash is cool enough to handle. Use a fork to pull the squash strands away from the rind. Toss the squash noodles in with the sauce and meatballs until well-coated. Serve immediately or keep in the: fridge for 3 to 4 days or freezer for 2 to 3 months.

Recipe developed by Emily Richards, P.H. EC for the Heart and Stroke Foundation.
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