



Turkey Meatballs and Marinara Sauce

MARINARA INGREDIENTS

¼ cup olive oil	1 onion, diced	2 cloves garlic, minced
2 cans whole tomatoes (28 oz. each)	3 TBS tomato paste	½ TSP each salt and pepper
2 teaspoons sugar	2 TBS oregano	2 TBSP fresh basil

MARINARA DIRECTIONS

In a medium pot, heat the olive oil over medium heat. Add the onions and garlic and cook for 4 to 5 minutes, stirring occasionally. Pour the tomatoes and juice in a large bowl and use your hands to gently squish the tomatoes to release their juices. Add the contents of the bowl to the pot. Add the tomato paste and stir. Add the salt, pepper, sugar, oregano, and basil. Reduce the heat to low and simmer, uncovered, for 1 and 1/2 hours, stirring occasionally. Total calories 1500, 8 servings; 180 calories for each serving.

TURKEY MEATBALLS INGREDIENTS

1 lb ground 99% fat-free turkey	½ onion, diced	3 garlic cloves, minced
5 medium baby bella mushrooms, diced	1 egg	10 fresh spinach leaves, diced
1 TBSP fresh or dried oregano	1 TBSP basil	1 TBSP tarragon
1 TSP balsamic vinegar	1 TBSP olive oil	Salt and pepper to taste

TURKEY MEATBALLS DIRECTIONS

Combine all ingredients (except olive oil) in a medium bowl and mix together using a fork. While the sauce is heating up, roll a palmful of the meat mixture into a ball about 1" in diameter. Repeat until all of the meat mixture has been made into meatballs. In a large skillet, heat 1 TBSP olive oil. Sear them for a minute or two on a few sides to help them stay together. Place the meatballs in hot sauce and simmer, with the lid on, until the meatballs are cooked through, at least 12 minutes. Makes 14 meatballs; 700 calories; 50 calories each.