Whole Wheat Pasta with Meatballs

4 Servings • 1 Serving = ¾ Cup Pasta and 3 - 4 Meatballs

INGREDIENTS

- 1 Tablespoon extra virgin olive oil, divided
- 4 cups baby spinach
- 1 large carrot, peeled and grated
- ¼ small white onion, grated
- ½ pound lean ground turkey or beef (at least 93% lean)
- ¼ teaspoon salt
- ¼ teaspoon black pepper
- 2 cloves garlic, minced
- Pinch red pepper flakes
- 1 teaspoon Italian seasoning
- 16 ounces tomato sauce, no sugar or salt added
- 2 cups dry whole wheat pasta, such as penne or fusilli
- Optional: parmesan cheese

Nutrition Facts

4 servings per container

Serving size **3/4 cup cooked pasta + 3-4 meatballs**

Amount per serving

Calories **300**

	% Daily Value*
Total Fat 9g	**12%**
Saturated Fat 1.5g	**8%**
Trans Fat 0g	
Cholesterol 25mg	**8%**
Sodium 290mg	**13%**
Total Carbohydrate 43g	**16%**
Dietary Fiber 7g	**25%**
Total Sugars 8g	
Includes 0g Added Sugars	**0%**
Protein 21g	
Vitamin D 0mcg	0%
Calcium 75mg	6%
Iron 5mg	30%
Potassium 364mg	8%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

DIRECTIONS

1. Bring a large pot of water to a boil.
2. Meanwhile, heat a large nonstick skillet over medium heat. Add 1 teaspoon oil and spinach. Sauté until spinach wilts. Remove spinach from the skillet, place on top of a paper towel and squeeze the moisture from the cooked spinach. Chop the spinach and place in a large bowl.
3. Place onion and carrot on top of paper towels and squeeze out as much juice as possible. Add to the large bowl. Add the ground meat, salt, and black pepper. Using your hands, combine until everything is well mixed. Form the mixture into 12-16 small meatballs.
4. Heat the same skillet over medium heat and brown each meatball 2 minutes on each side. Remove the meatballs from the skillet and set aside on a plate.
5. In the same skillet, sauté the garlic for 2-3 minutes. Add the red pepper flakes, Italian seasoning, and tomato sauce and bring to a simmer.
6. Return the meatballs back to the skillet and simmer in the sauce until fully cooked, about 12 minutes.
7. Once the large pot of water boils, add the pasta and cook until al dente. Drain the pasta.
8. To serve, split ¾ cup of cooked pasta into bowls and top with 3-4 meatballs and sauce. Top with parmesan.

Developed by The Children's Hospital of San Antonio

chefsa.org

@CHEFSanAntonio

The Children's Hospital of San Antonio™
CHRISTUS Health