

Turkey Meatballs and Spaghetti

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Spaghetti and meatballs are a timeless dish that everyone loves. Use ground turkey in place of ground beef next time you serve up this classic meal for a healthy and delicious alternative. The rich flavor of turkey will spice up the dish, making you fall in love with this comfort food all over again.

Serve the meatballs with a seasoned sauce for a dish that will be beloved by all, while still being a healthy dinner alternative!

Ingredients:

Turkey Meatballs:

1 c. breadcrumbs
1 egg
1 ¼ lbs ground turkey
¼ c. grated Parmesan
2 tbsp parsley leaves, chopped
2 cloves garlic, minced
Salt and pepper to taste
vegetable oil for pan frying

Sauce:

1 large jar spaghetti sauce
2 tbsp olive oil
3 cloves minced garlic
3 tbsp fresh basil or 1 tsp dried basil
½ c. red cooking wine
2 c. water
salt and pepper to taste
optional: ¼ c minced red or green peppers, ½ c. chopped fresh tomatoes, ½ c. chopped mushrooms

1 lb spaghetti or other pasta, cooked al dente

Directions:

For the Meatballs:

1. Preheat oil over medium heat in large, heavy skillet.
2. In medium bowl combine ground turkey, breadcrumbs, eggs, Parmesan cheese, parsley, garlic, salt and pepper. Using hands, mix all ingredients gently until combined. Form meat mixture into 1 ½ inch meatballs and set aside.
3. Carefully add meatballs to oil and cook until golden brown on all sides. Remove to a paper towel lined platter to catch grease.

For Sauce:

1. In medium skillet heat olive oil. Add garlic and onions, and cook until translucent. Add herbs and mushrooms, tomatoes and peppers (if desired.) Cook until just tender. Add jar of pasta sauce, red wine, and water. Bring to a simmer, and simmer uncovered for 40 minutes or until sauce reduces to desired thickness.
2. Add meatballs and cook 10 minutes more.
3. Cook pasta according to package, and serve with sauce. Top with fresh parsley and grated Parmesan cheese.

Author: Catherine Herzog