

Meatball and Spaghetti Skewers

Food Network Magazine - July/August 2020

1 cup cooked spaghetti
1 egg, beaten
1/4 cup grated Parmesan
cheese
12 cooked meatballs
vegetable oil (for frying)
parsley (for topping)
marinara sauce (for dipping)

In a bowl, mix the spaghetti, egg and Parmesan cheese.

Wrap the spaghetti mixture around the meatballs.

In a skillet, fry the meatballs in 350 degree vegetable oil until golden, about 5 minutes.

Top with the parsley. Serve on skewers with marinara sauce for dipping.

Per Serving (excluding unknown items): 363 Calories; 12g Fat (30.2% calories from fat); 21g Protein; 41g Carbohydrate; 2g Dietary Fiber; 228mg Cholesterol; 444mg Sodium. Exchanges: 2 1/2 Grain(Starch); 2 Lean Meat; 1 Fat.