

Mediterranean Meatball Casserole

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Servings: 4

12 one-ounce Cooked Perfect turkey meatballs

1 can (10 ounce) stewed tomatoes, crushed

1/2 cup summer squash, diced

1/2 cup zucchini, diced

1/2 cup eggplant, diced

1/2 cup red bell pepper, diced

1/2 cup white onion, diced

1/2 pound vine tomatoes, cut into sixths

1/8 cup fresh basil, chopped

1/4 cup Parmesan cheese, grated

1/4 cup breadcrumbs

salt (to taste)

pepper (to taste)

Cook Time: 35 minutes

Preheat the oven to 350 degrees.

Oil the sides of a four-quart casserole dish.

In a ten-inch skillet, saute' the vegetables for 5 minutes.

Add the meatballs and tomatoes. Simmer for 10 minutes. Add the fresh basil.

Place the mixture in the casserole dish.

Bake for 10 minutes.

Per Serving (excluding unknown items): 61 Calories; 2g Fat (23.4% calories from fat); 4g Protein; 9g Carbohydrate; 2g Dietary Fiber; 4mg Cholesterol; 112mg Sodium. Exchanges: 1/2 Lean Meat; 1 1/2 Vegetable; 0 Fat.

Turkey

Per Serving Nutritional Analysis

Calories (kcal):	61	Vitamin B6 (mg):	.1mg
% Calories from Fat:	23.4%	Vitamin B12 (mcg):	.1mcg
% Calories from Carbohydrates:	55.2%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	21.4%	Riboflavin B2 (mg):	.1mg
Total Fat (g):	2g	Folacin (mcg):	22mcg
Saturated Fat (g):	1g	Niacin (mg):	1mg
Monounsaturated Fat (g):	trace	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	trace	Alcohol (kcal):	0
		% Refuse:	0.0%

Cholesterol (mg):	4mg
Carbohydrate (g):	9g
Dietary Fiber (g):	2g
Protein (g):	4g
Sodium (mg):	112mg
Potassium (mg):	315mg
Calcium (mg):	103mg
Iron (mg):	1mg
Zinc (mg):	trace
Vitamin C (mg):	48mg
Vitamin A (i.u.):	1578IU
Vitamin A (r.e.):	165RE

Food Exchanges

Grain (Starch):	0
Lean Meat:	1/2
Vegetable:	1 1/2
Fruit:	0
Non-Fat Milk:	0
Fat:	0
Other Carbohydrates:	0

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving

Calories	61	Calories from Fat:	14
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% Daily Values*

Total Fat	2g	3%
Saturated Fat	1g	5%
Cholesterol	4mg	1%
Sodium	112mg	5%
Total Carbohydrates	9g	3%
Dietary Fiber	2g	9%
Protein	4g	

Vitamin A	32%
Vitamin C	80%
Calcium	10%
Iron	5%

* Percent Daily Values are based on a 2000 calorie diet.