

Parmesan Meatball Spaghetti Bake

Publix Flavor Excursion

Servings: 8

*1 pound lean (80%) ground beef
1/3 cup onion, finely chopped
1 clove garlic, finely chopped
1 egg, beaten
1/2 cup Italian style bread crumbs
1/4 cup Parmesan cheese, shredded
1/2 teaspoon salt
1/4 cup pepper
12 ounces spaghetti, broken in half
1 carton (32 ounce) chicken broth
1 can (28 ounce) crushed tomatoes
1 cup tomato & basil pasta sauce
2 tablespoons fresh basil leaves,
chopped and divided
1/4 teaspoon crushed red pepper
flakes
1 package (8 ounce) Italian cheese
blend, shredded
nonstick cooking spray*

Preparation Time: 45 minutes

Preheat the oven to 350 degrees.

Line a 15x10x1-inch baking pan with foil. Spray a 13x9-inch (three-quart) baking dish with cooking spray.

In a large bowl, mix the beef, onion, garlic, egg, bread crumbs, Parmesan cheese, salt and pepper until well blended. Shape the mixture into 1-1/2-inch meatballs (about 24). Place one inch apart on the foil-lined pan.

Bake for 18 to 23 minutes or until thoroughly cooked (160 degrees).

Meanwhile, in a four- to five-quart saucepan or Dutch oven, heat the spaghetti and broth just to boiling over high heat. Reduce the heat to medium. Cook for 15 to 20 minutes, stirring frequently, until the pasta is al dente and the liquid is absorbed. Remove from the heat. Let stand for 1 minute.

Toss the meatballs, tomatoes, pasta sauce, one tablespoon of the basil and the red pepper flakes into the pasta until well mixed. Pour evenly into the baking dish. Sprinkle the Italian cheese blend onto the pasta.

Bake for 15 to 20 minutes or until bubbly and the cheese is melted. Sprinkle with the remaining basil.

Start to Finish Time: 1 hour 20 minutes

Per Serving (excluding unknown items): 197 Calories; 2g Fat (10.8% calories from fat); 8g Protein; 35g Carbohydrate; 2g Dietary Fiber; 28mg Cholesterol; 299mg Sodium. Exchanges: 2 1/2 Grain(Starch); 1/2 Lean Meat; 0 Vegetable; 0 Fat.

Pasta

Per Serving Nutritional Analysis

Calories (kcal):	197	Vitamin B6 (mg):	.1mg
% Calories from Fat:	10.8%	Vitamin B12 (mcg):	.1mcg
% Calories from Carbohydrates:	72.0%	Thiamin B1 (mg):	.4mg
% Calories from Protein:	17.2%	Riboflavin B2 (mg):	.2mg
Total Fat (g):	2g	Folacin (mcg):	14mcg
Saturated Fat (g):	1g	Niacin (mg):	4mg
Monounsaturated Fat (g):	1g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	trace	Alcohol (kcal):	0
Cholesterol (mg):	28mg	% Daily Value:	0.0%
Carbohydrate (g):	35g		
Dietary Fiber (g):	2g		
Protein (g):	8g		
Sodium (mg):	299mg		
Potassium (mg):	182mg		
Calcium (mg):	66mg		
Iron (mg):	3mg		
Zinc (mg):	1mg		
Vitamin C (mg):	2mg		
Vitamin A (i.u.):	121IU		
Vitamin A (r.e.):	21 1/2RE		

Food Exchanges

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

Nutrition Facts

Servings per Recipe: 8

Amount Per Serving

Calories 197 Calories from Fat: 21

% Daily Values*

Total Fat	2g	4%
Saturated Fat	1g	4%
Cholesterol	28mg	9%
Sodium	299mg	12%
Total Carbohydrates	35g	12%
Dietary Fiber	2g	9%
Protein	8g	
Vitamin A		2%
Vitamin C		3%
Calcium		7%
Iron		16%

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