

Spaghetti and Meatball Casserole

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Feasting With Friends - Martin Memorial Auxiliary, Inc - 2011

olive oil spray
1/2 pound (8 ounces) whole-wheat spaghetti noodles
2 cloves garlic, chopped
2 tablespoons olive oil
1 ounce Parmigiana-Reggiano cheese, grated
1/3 cup low-fat cottage cheese
2 1/2 cups crushed tomatoes
1 bay leaf
1 cup basil leaves
6 ounces ground beef
1 tablespoon skim milk
1/4 red onion, chopped

Preheat the oven to 400 degrees.

In an eleven-cup casserole dish, spray olive oil.

Cook the spaghetti according to package directions. Drain and rinse.

In a blender, combine the garlic, basil, oil and cheese. Pulse until well blended. Remove one tablespoon of the mixture and reserve. Add the cottage cheese. Process until smooth.

In a bowl, add the beef, some wheat germ, milk and basil mixture. Shape the mixture into meatballs.

In a saucepan, cook the meatballs. Add the tomatoes and cook until browned.

Place everything in a casserole dish. Bake until bubbly.

Per Serving (excluding unknown items): 995 Calories; 74g Fat (64.6% calories from fat); 40g Protein; 51g Carbohydrate; 13g Dietary Fiber; 145mg Cholesterol; 932mg Sodium. Exchanges: 4 Lean Meat; 9 1/2 Vegetable; 0 Non-Fat Milk; 12 Fat.