



## **Turkey Meatball & Vegetable Spaghetti Marinara**

### **Ingredients**

- marinara sauce (preferably low sodium)
- spaghetti (preferably whole wheat to lower the glycemic index and risk of diabetes)
- fresh baby spinach or frozen spinach
- frozen turkey meatballs. 3 per person.

### **Equipment you will need:**

a stove top and saucepan, (optional) a microwave and large microwave safe bowl

### **Directions:**

Boil spaghetti according to the directions on package. (If you only have a microwave then you can cook the pasta in the microwave safe bowl filled half way with water.) Heat up the marinara sauce in the microwave, or on a stovetop sauce pan. Once it is hot, add the fresh spinach. The heat from the sauce will lightly cook the spinach. (If you are using frozen spinach then defrost it before adding to sauce.) Add 2 Turkey meatballs per portion. If you are making a meal for only person then you can heat up the marinara sauce in the serving bowl.

### **Nutrition Notes:**

- While Trader Joe's does offer a marinara with meat, it contains only 3 grams of protein per serving. For every two Trader Joe's meatballs you get 12 grams of protein.
  - Choose whole wheat pasta and get more fiber, and a lower glycemic index which is better for everyone, especially those with diabetes.
  - Two Turkey Meatballs have more protein and 145 fewer calories of fat than the Beef Meatballs. This is more than a tablespoon less fat!
  - Each serving will contain 19 grams of protein per serving, 9 grams of dietary fiber, 6 grams of fat, and Vitamin A, C, and Iron.
- All these ingredients would serve 4-6 people.

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### Trader Joe's Grocery List:

- Whole Wheat (or regular) spaghetti: \$1.29
- Traditional Marinara Sauce: \$1.29 **OR** Tomato Basil Marinara (for more people): \$1.79
- Turkey Meatballs: \$2.69
- (Frozen) Chopped Spinach: \$1.29 **OR** Fresh Spinach: \$1.99
- *Optional* - Parmesan & Romano Cheese: \$2.69

**TOTAL: \$6.56**, or \$9.25 if you include the cheese

### Substitutions:

If you don't have meatballs, then you can substitute Textured Soy Protein, or Fava beans



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