

SPAGHETTI WITH HEARTS

Ingredients:

- 1 pound lean ground turkey
- 1 large egg
- 1/2 cup plain breadcrumbs
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 1 tablespoon freeze-dried or dehydrated onion
- 1 (28-ounce) can crushed tomatoes
- 1 (14-ounce) can tomato sauce
- 1/2 cup chicken stock
- 1/4 cup fresh basil, chopped
- 1 pound spaghetti
- Grated Parmesan cheese for garnish (optional)

Directions:

1. Preheat oven to 375 degrees.
2. Spray a baking sheet with non-stick cooking spray.
3. In a medium bowl, mix together turkey, egg, breadcrumbs, salt, pepper, and onion until well combined.
4. Shape turkey mixture into small heart shapes and place on prepared baking sheet. Bake for 10 minutes.
5. Meanwhile, place crushed tomatoes, tomato sauce, and chicken stock in a medium saucepan and bring to a boil over high heat. Reduce heat and simmer.
6. When meatballs have baked for 10 minutes, remove from oven and place into the saucepan.
7. Add basil to the sauce and continue cooking for 15 minutes.
8. Cook spaghetti in a large pot according to package directions.
9. Drain water from spaghetti.
10. Toss spaghetti with sauce and meatballs.
11. Serve with grated cheese.



Makes six servings.

