



BOD BY TODD

Fitness Coaching

"Don't Be Average, Be Fit"

NUTRITION PER SERVING:

CALORIES	299
PROTEIN	28 G
CARBOHYDRATE	37 G
TOTAL FAT	5 G

PREP TIME:	20 MINUTES (25 MINUTES WITH HOMEMADE SAUCE)
COOK TIME:	20 MINUTES (35 MINUTES WITH HOMEMADE SAUCE)

YIELD:	4 SERVINGS
SERVING SIZE:	4 MEATBALLS, ¾ C PASTA, ½ C SAUCE, 1 TSP CHEESE, PINCH OF BASIL

8 OZ	DRY WHOLE-WHEAT SPAGHETTI
2 C	SUPER QUICK CHUNKY TOMATO SAUCE (SEE RECIPE)
1 TBSP	FRESH BASIL, RINSED, DRIED, AND CHOPPED (OR 1 TSP DRIED)
4 TSP	GRATED PARMESAN CHEESE

FOR TURKEY MEATBALLS:

6 OZ	99 PERCENT LEAN GROUND TURKEY
¼ C	WHOLE-WHEAT BREADCRUMBS
2 TBSP	FAT-FREE EVAPORATED MILK
1 TBSP	GRATED PARMESAN CHEESE
½ TBSP	FRESH CHIVES, RINSED, DRIED, AND CHOPPED (OR 1 TSP DRIED)
½ TBSP	FRESH PARSLEY, RINSED, DRIED, AND CHOPPED (OR 1 TSP DRIED)

FOR BEEF MEATBALLS:

6 OZ	93 PERCENT LEAN GROUND BEEF
¼ C	WHOLE-WHEAT BREADCRUMBS
2 TBSP	FAT-FREE EVAPORATED MILK
1 TBSP	GRATED PARMESAN CHEESE
½ TBSP	FRESH CHIVES, RINSED, DRIED, AND CHOPPED (OR 1 TSP DRIED)
½ TBSP	FRESH PARSLEY, RINSED, DRIED, AND CHOPPED (OR 1 TSP DRIED)



TURKEY AND BEEF MEAT-BALLS WITH WHOLE-WHEAT SPAGHETTI

EASY AND DELICIOUS—TRY SERVING WITH PARMESAN GREEN BEANS

- 01 Preheat oven to 400 °F.
- 02 In a 4-quart saucepan, bring 3 quarts of water to a boil over high heat.
- 03 Add pasta, and cook according to package directions. Drain.
- 04 Meanwhile, combine ingredients for the turkey and beef meatballs in separate bowls, and mix well. Measure 1½ tablespoons of turkey mixture and roll in hand to form a ball; then place the meatball on a nonstick baking sheet. Repeat, and follow same instruction for beef mixture, until eight turkey and eight beef meatballs are made.
- 05 Bake meatballs on a nonstick baking sheet for 10 minutes (to a minimal internal temperature of 165 °F).
- 06 Warm sauce, if necessary.
- 07 Serve four meatballs, ¾ cup hot pasta, ½ cup sauce, 1 teaspoon cheese, and a pinch of basil per portion.



Older children can help make the meatballs. Make sure everyone washes their hands and sanitizes all utensils and surfaces with disinfectant after handling raw meat.