



# Spaghetti with Meatballs

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## Info:

Makes 4 Servings      385 Calories per Serving

**LOW CAL**

## Ingredients:



- ❖ 8oz Pasta
- ❖ 28oz Crushed Tomatoes
- ❖ 2 Garlic Cloves, minced (or garlic powder equivalent)
- ❖ 1 tsp Basil
- ❖ 1 tsp Oregano
- ❖ ½ tsp Parsley
- ❖ 1 tsp Salt
- ❖ Dash of Ground Black Pepper
- ❖ Grated or shredded parmesan cheese (optional 22 calories per Tbsp)

## Meatballs:

- ❖ ½ lb 95% Lean Ground Beef
- ❖ 1/8 Cup Egg Beaters
- ❖ ½ tsp Worcestershire Sauce
- ❖ ½ Packet Lipton Onion Soup Mix
- ❖ ¼ Cup Breadcrumbs
- ❖ 2 Garlic Cloves, minced (or garlic powder equivalent)
- ❖ Cooking Spray

## Preparation:



1. Preheat oven to 400°
2. In a large mixing bowl combine egg beaters, worcestershire sauce, onion soup mix, breadcrumbs and garlic.
3. Add ground beef and mix well.
4. Shape meat mixture into small 1" balls and place on a greased baking sheet, bake for 20 minutes.
5. Boil noodles until desired doneness
6. Meanwhile, in a medium pot combined all remaining ingredients.
7. Add meatballs to sauce, plate the noodles and pour sauce on top, serve hot!