

swedish meatballs

Makes 5 servings

INGREDIENTS

25 turkey meatballs
15 oz. white cheese sauce blend
1 Tbsp +2 tsp milk, fat-free
2-1/2 tsp chopped parsley
1/2 tsp pepper, white ground
Pinch ground nutmeg
1/2 tsp Worcestershire sauce
10 oz. rotini pasta, whole grain, dry

NUTRITIONAL FACTS: PER SERVING

Calories: 425	Calcium: 308 mg
Total Fat: 16 g	Protein: 25 g
Saturated Fat: 7 g	Carbohydrates: 47 g
Cholesterol: 60 mg	Dietary Fiber: 6 g
Sodium: 765 mg	Vitamin A: 161 IU
Iron: 1.88 mg	Vitamin C: 0.87 mg

INSTRUCTIONS

1. Heat meatballs in oven at 400°F 12-15 minutes until temperature is at 165°F.
2. Combine cheese sauce with milk, parsley, pepper, nutmeg and Worcestershire sauce and heat until a minimum of 165° is reached.
3. Combine sauce and meatballs together and hold for hot service.
4. Follow manufacturer's directions to prepare pasta, hold warm.
5. Portion 1 cup pasta and ladle 4 meatballs with 3 oz. cheese sauce.

