

### **Spaghetti w/ Turkey Meatballs**

*Preparation time: 20 minutes*

*Cooking time: 40 minutes*

*Yield: 8 servings*

Everybody loves this classic of Italian cuisine, from the seasoned gastronome to the finickiest child. What makes our version truly special are the meatballs, fortified with the great taste of flax.

8 ounces Hodgson Mill flax spaghetti noodles  
noodles, cooked and drained  
Uncle David's Marinara Sauce (recipe, page 84)

#### **Meatballs**

8 ounces lean ground beef (round or sirloin)  
8 ounces ground turkey  
1/4 cup ground flaxseed  
2 egg whites  
3 tablespoons red wine (optional)  
2 tablespoons tomato paste  
salt, to taste  
1/8 teaspoon black pepper  
1/4 cup onion, chopped finely  
1 clove garlic, chopped finely  
1/2 cup shredded Parmesan cheese  
1/4 cup bread crumbs  
seasoned flour  
2 tablespoons extra virgin olive oil

1. Mix all ingredients, except seasoned flour and oil, in large bowl together. Shape into balls. A one-inch diameter works well, but every cook has his or her own personal preference.
2. Dredge the formed balls in seasoned flour; brown in large skillet with olive oil until interior of the balls are fully cooked. Turn frequently to make certain that all sides are brown.

3. Drain pan, add marinara sauce and simmer for 10 minutes.
4. Serve over hot pasta.

### Nutrition Information Per Serving

Calories 339	Fat 13 g	Fiber 7 g
Carbohydrates 35 g	Omega-3 Fats 1408 mg	Calcium 144 mg
Protein 21 g	Cholesterol 44 mg	Sodium 531 mg

### Uncle David's Marinara Sauce

*Preparation time: 5 minutes*

*Cooking time: 25 minutes*

*Yield: 5 cups*

My Uncle Dave came up with this variation on the traditional marinara sauce because he wanted a healthier alternative to the high-sodium, store-bought varieties. You can make it up in a large batch and freeze it so you'll always have some on hand when your family is clamoring for a spaghetti supper! This is a main component of many other recipes and will be referred to often!

- 1 tablespoon extra virgin olive oil
- 4 cloves garlic, minced
- 1 - 28 ounce can crushed tomatoes
- 1 - 14.5 ounce can diced tomatoes
- 1/2 teaspoon crushed red pepper flakes
- 2 tablespoons fresh chopped parley or parsley flakes
- 1/2 teaspoon dried oregano
- Salt and pepper to taste

1. In a 2-quart saucepan, heat the olive oil until fragrant. Add garlic and cook on medium heat until soft.
2. Stir in both types of tomatoes and reduce heat to simmer covered for 20 minutes. Add red pepper, parsley, and oregano and simmer for about 5 more minutes. Stir occasionally, adjusting seasonings to taste.