Turkey Meatballs & Whole Wheat Pasta

Ingredients:

- 2 lbs  Ground turkey
- ¾ cup  Parmesan cheese, grated
- ¾ cup  Italian bread crumbs
- 1 large  Egg, lightly beaten
- 2 tsp  Italian seasoning, dried
- 2 tsp  Parsley flakes, dried
- 1 tsp  Garlic powder
- 1 tsp  Salt
- dash  Black pepper
- 3-4 Tbsp  Italian bread crumbs
- 2 Tbsp  Tomatoes, whole peeled
- 1 box  Pasta, whole wheat

Directions:

Meatballs:
Heat oven to 375° and line a large baking sheet with nonstick foil.
Combine turkey, cheese, ¾ cup bread crumbs, egg, Italian seasoning, parsley, garlic powder, salt, and pepper.
Stir or mix on low speed of a stand mixer with paddle attachment until blended or mix with hands.
Roll the meatballs in the fine dry bread crumbs to lightly coat, then arrange them on the baking sheet and dust with the dry bread crumbs. Bake for 20 to 25 minutes, or until browned and cooked through. If you make larger meatballs, allow more time.

Pasta:
Cook pasta according to package directions. Drain and transfer to a bowl.

Lightly crush the whole tomatoes and add to pasta. Add meatballs and serve.

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