SHOPPING LIST

Spaghetti and Meatballs

- ◯ Whole-Wheat Bread
- ◯ Whole Milk
- ◯ Lean Ground Beef
- ◯ Sweet Italian Sausage
- ◯ Garlic
- ◯ Kosher Salt
- ◯ Pepper
- ◯ Dried Oregano
- ◯ Fennel Seeds
- ◯ Canned Crushed Tomatoes
- ◯ Extra-Virgin Olive Oil
- ◯ Red Pepper Flakes
- ◯ Spaghetti

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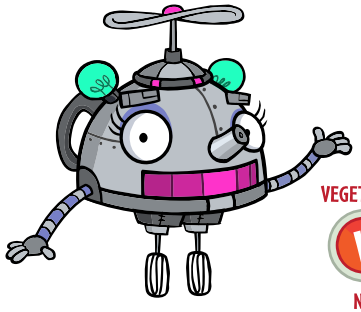
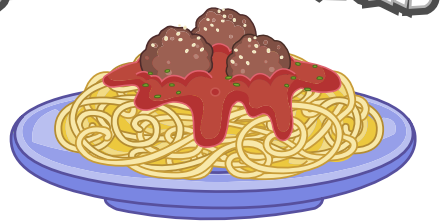
DINNER

FIZZY'S LUNCH LAB

Spaghetti and Meatballs





VEGETARIAN	TIME	DIFFICULTY	SERVES
V		H	6
NO	Under an hour	Hard	

YOU WILL NEED

TO MAKE THE MEATBALLS

- **2** slices crustless whole wheat bread torn into small pieces
- **⅓ cup** whole milk
- **1 pound** 85% lean ground beef
- **4 ounces** sweet italian sausage
- **2** cloves garlic, minced
- **1 ½ teaspoons** kosher salt
- **½ teaspoon** pepper
- **½ teaspoon** dried oregano
- **½ teaspoon** fennel seeds

TO MAKE THE SAUCE AND PASTA

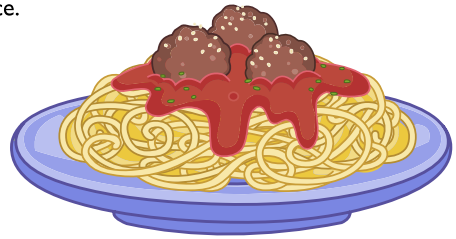
- **1** (28-ounce) can crushed tomatoes
- **2 tablespoons** extra-virgin olive oil
- **2** garlic cloves, minced
- **1 teaspoon** dried oregano
- **½ teaspoon** kosher salt
- **¼ teaspoon** red pepper flakes
- **1 pound** spaghetti

DIRECTIONS

ATTENTION KIDS: Always cook with a grownup!

STEP 1: For the meatballs: With the oven rack in the middle position, heat the oven to 425˚. Combine the bread and milk in a large bowl and mash with a fork until a paste forms. Add the remaining ingredients and mix until thoroughly combined. Divide the mixture into 18 meatballs, approximately 1 1/2- inches each. Transfer meatballs to wire rack inserted into a foil-lined, rimmed baking sheet. Bake until meatballs release their fat and are just cooked through, about 15 minutes.

STEP 2: For the sauce and pasta: Combine the tomatoes, oil, garlic, oregano, salt and pepper flakes in a large saucepan. Add the meatballs and bring to a simmer. Simmer until the meatballs are cooked through and the sauce has picked up their flavor, about 15 minutes. Prepare the pasta according to the package directions, and serve with the meatballs and sauce.



Nutrition Facts

Serving Size 1 serving (334g)
Servings Per Container

Amount Per Serving	
Calories 590	Calories from Fat 180
	% Daily Value*
Total Fat 20g	31%
Saturated Fat 6g	30%
Trans Fat 1g	
Cholesterol 60mg	20%
Sodium 1030mg	43%
Total Carbohydrate 72g	24%
Dietary Fiber 6g	24%
Sugars 3g	
Protein 31g	
Vitamin A 20% • Vitamin C 20%	
Calcium 10% • Iron 35%	

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4