



## *Spaghetti and Turkey Meatballs*

Prep time: 15 minutes

Cook time: 15 minutes

Servings: 5

- 10 ounces spaghetti
- 1 pound (85 percent lean) ground turkey
- 1/2 cup Italian-seasoned, dry bread crumbs
- 1/4 cup grated Parmesan cheese, plus additional (optional)
- 1/4 cup chopped Italian parsley
- 1 egg, beaten
- 3/4 cup water, divided
- 1/2 teaspoon kosher salt
- 1 tablespoon extra-virgin olive oil
- 2 cloves garlic, minced
- 1/2 teaspoon crushed red pepper
- 1 jar RAGÚ Homestyle Thick and Hearty Traditional Sauce

Cook pasta as directed on package, omitting salt; keep warm.

Combine turkey, bread crumbs, Parmesan, parsley, egg, 1/4 cup water and salt. Shape mixture into 25 (1 1/4-inch) meatballs.

In large, nonstick saute pan on medium heat, heat olive oil, garlic and crushed red pepper. Add sauce and remaining water once garlic is golden.

Arrange meatballs in sauce; cover and cook 10 minutes, or until cooked through (165 F), stirring occasionally. Serve with cooked spaghetti and additional Parmesan, if desired.

Tip: Use a small ice cream scoop or melon baller to easily make evenly sized meatballs.

Source: RAGU