

Meatballs w/Tomato & Zucchini Medley

1/2 pound extra lean turkey
1/4 cup wholewheat bread crumbs

1 egg

3/4 tsp black pepper

1/2 tsp dried Italian seasoning

6 tbs grated parmesan cheese

1 onion, finely chopped

2 cloves garlic

2 zucchini, halved lengthwise & sliced

1 yellow squash, halved lengthwise & sliced

1 can (16 oz) crushed tomatoes

1 can (16oz) Italian style cut tomatoes

1/4 cup fresh chopped basil
Sprig basil, for garnish



Nutritional Facts:

Calories = 280

Fat= 20g

Sat. Fat = 5g

Protein = 23g

Carbs= 25g

Fiber = 6g

Instructions:

In a large bowl, combine the turkey, bread crumbs, egg, 1/2 tsp pepper, Italian seasoning, and 4 tbs of the cheese. Form into balls the size of walnuts.

Spray a large nonstick skillet with cooking spray and heat over medium heat. Working in batches, add the meatballs and cook for 15 minutes, or until browned and no longer pink inside. Remove to a bowl, leaving drippings in the skillet. Repeat to cook the remaining meatballs.

In the same skillet in warm drippings over medium-high heat, add the onion and garlic and cook 5 minutes, or until the onion is tender. Stir in the zucchini, yellow squash, cut tomatoes (with juice), crushed tomatoes, the remaining 1/4 tsp pepper, the remaining 2 tbs cheese, and the meatballs. Heat to boiling. Reduce heat to low, cover, and cook for 20 minutes. Stir in the chopped basil. Garnish with the basil sprig.

Makes 4 servings

Note: Good served over w/penne pasta

Source: The South Beach Diet Cookbook

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