

Meatballs w/Tomato & Zucchini Medley

1/2 pound extra lean turkey	1/4 cup fresh chopped basil
1/4 cup wholewheat bread crumbs	Sprig basil, for garnish
1 egg	
3/4 tsp black pepper	
1/2 tsp dried Italian seasoning	
6 tbs grated parmesan cheese	Nutritional Facts:
1 onion, finely chopped	Calories = 280
2 cloves garlic	Fat= 20g
2 zucchini, halved lengthwise & sliced	Sat. Fat = 5g
1 yellow squash, halved lengthwise & sliced	Protein = 23g
1 can (16 oz) crushed tomatoes	Carbs= 25g
1 can (16oz) Italian style cut tomatoes	Fiber = 6g

Instructions:

In a large bowl, combine the turkey, bread crumbs, egg, 1/2 tsp pepper, itlaian 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