

# Spaghetti with Meat Balls



## Ingredients

- 6 oz frozen meatballs
- 3 oz multi-grain penne pasta
- 2-1/2 cups water
- 1/2 cup spaghetti sauce, low sodium
- 1/8 tsp oregano
- 1/8 tsp pepper

## Notes

**Number of Portions:** 4

**Serving Size:** 1/2 cup

**Nutrition Facts:** 216 calories, 10.5 g fat, 3.48 g saturated fat, 312 mg sodium, 21.29 g carbohydrate, 1.87 g fiber, 2.6 g sugar, 9.07 g protein

## Directions

1. Place meatballs in baking dish, cover, and heat in 350° F oven for 15 minutes or until the internal temperature reaches 165° F. Keep warm until ready to serve.
2. Boil pasta in water until tender, following the package instructions. Drain and place back into pot.
3. Add spaghetti sauce, oregano, and pepper to pasta and heat until internal temperature reaches 135° F. Place pasta into serving dishes. Serve as 1/2 cup portions and with 2 meat balls per serving.

