

One-pot Whole-wheat Spaghetti and Meatballs

NDSU

EXTENSION

INGREDIENTS:

24-oz. jar spaghetti sauce
14.5-oz. can diced tomatoes
1 tsp. Italian seasoning
1 tsp. garlic powder
1 tsp. onion powder
16-oz. whole-wheat spaghetti noodles
2 c. water
15 frozen meatballs
¼ c. Parmesan cheese (optional)

DIRECTIONS:

1. Combine all ingredients in a large pot with lid. Bring to a boil, stirring frequently.
2. Reduce heat to medium-low, cover and cook until pasta is al dente, stirring occasionally (about 15 to 20 minutes).
3. Garnish with Parmesan cheese if desired.

NUTRITION:

Makes eight servings. Each serving has 220 calories, 8 g fat, 9 g protein, 29 g carbohydrate, 1 g fiber and 220 mg sodium.