

# Lean Baked Meatballs Marinara

Craving comfort food? Check out this recipe from the Idaho Beef Council. It is an excellent source of fiber, protein, niacin, vitamin B6, vitamin B12, iron, selenium, and zinc.

## Ingredients

1 pound ground beef (96% lean)	1/8 tsp pepper
1/4 cup seasoned dry bread crumbs	2 cups heart-healthy or regular pasta sauce
2 egg whites or 1 egg, beaten	4 cups hot cooked pasta
2 tbsp water	4 tbsps shredded Parmesan cheese (optional)
1/4 tsp salt	

## Preparation

1. Heat oven to 400 degrees F. Combine ground beef, bread crumbs, egg whites, water, salt and pepper in large bowl, mixing lightly but thoroughly. Shape into twelve 2-inch meatballs. Place on rack in broiler pan that has been sprayed with cooking spray. Bake in 400 degree oven 18-20 minutes.

2. Heat pasta sauce according to package directions in medium saucepan. Add hot cooked meatballs to pasta sauce; stir to coat evenly. Serve over pasta. Sprinkle with cheese, if desired.

Note: Cooking times are for fresh or thoroughly thawed ground beef. Ground beef should be cooked to an internal temperature of 160 degrees F. Color is not a reliable indicator of ground beef doneness.



# Nutritional Information

Servings: 4

Calories: 458

Fat: 7g

Cholesterol: 65mg

Protein: 35g

Carbohydrates: 62g

Fiber: 5.9g

Sodium: 726mg

Recipe Source from Idaho Beef Council