

Sinister Spaghetti w/ Turkey Meatballs

½ lb. Whole Wheat Spaghetti, cooked per package directions	10 oz Box thawed Frozen Chopped Spinach
1 lb. Ground Turkey	1 14.5 oz. Can Whole Peeled Tomatoes
3 Sm. Slices of Bread, torn into small pieces	1 6oz. Can Tomato Paste
1 Egg	2 C. Chicken Stock
¼ tsp. Ground Sage	1 Medium Onion, diced
¼ tsp. Celery Seed	3 Cloves garlic, minced finely
½ tsp. Ground Mustard	2 T. Fresh Thyme
1 Tbsp. Dried Minced Onion	Dash of Red Pepper flakes
1 tsp. Garlic Salt	½ C. Red Wine
½ C. Milk	Salt & pepper to taste.
	2 T. Olive Oil

Preheat oven to 350°F. Bring a sauté pan to medium heat, adding olive oil and onions. Turn heat to low, and simmer the onions until translucent, about 10 minutes. While the onions are sautéing, mix the ground turkey, bread, egg, sage, celery seed, ground mustard, minced onion, garlic salt, milk, strained chopped spinach, and pepper to taste. Form into 12 meatballs. Spray a cookie sheet with olive oil or Pam, and arrange the meatballs. Place in the oven for 15 minutes, or

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until done. Add tomato paste and chicken stock to the simmering onions, and cook until slightly reduced, about 3 minutes. Add in the wine, thyme, garlic, red pepper flakes, salt, and pepper. Using your hands, crush the whole peeled tomatoes into small pieces, and add to the sauce. Cook until heated through. Add your drained pasta to the sauce, and toss to coat. Top with the turkey meatballs.