WHAT'S COOKING IN THE MARKET?
Spaghetti with Make-Ahead Meatballs

Servings: 6 to 8

Ingredients

2 tablespoon olive oil, plus more for frying
1 small onion, finely chopped
1 small leek, white and pale-green parts,
halved and thinly cut crosswise into half-moons
3/4 cup chopped tomato (fresh or canned)
1/2 cup finely chopped or coarsely shredded carrot
1 clove garlic, finely chopped
1 lb ground chuck (85% lean)
1 lb ground veal
1/2 cup finely grated Parmesan
1/4 cup plain dried breadcrumbs
1 large egg, lightly beaten
2 lbs spaghetti, cooked
6 cups of your favorite homemade sauce, warmed

Directions

1. In a medium skillet, heat 2 tablespoons oil over medium heat. Add the onion and leek and a large pinch of salt. Cook, stirring often, until the vegetables start to soften, 3 to 5 minutes. Add tomato, carrot, and garlic and a few more pinches of salt.

2. In a large bowl, combine the chuck, veal, Parmesan and breadcrumbs; season with salt and pepper. Using two forks, mix until just combined. Add the vegetables and egg. Using your hands, gently mix just to blend. Shape into about thirty 1-1/2 inch meat balls.

3. Add a thin layer of oil to a large nonstick skillet; heat over medium. Working in two batches and adding more oil in between, cook the meat balls, turning often, until browned all over, about 4 minutes. Cover; reduce the heat to low. Cook until the meat balls are cooked through, 5 to 8 minutes. Transfer to paper towels to drain. Toss with the spaghetti and sauce.

Source: Rachael Ray Everyday, April 2016.

NUTRITION INFORMATION PER SERVING

Key Nutrients	Amount	% Daily Value
Total Calories	620	
Total Fat	21g	32%
Saturated Fat	7g	35%
Trans Fat	0g	
Cholesterol	95mg	32%
Sodium	1000mg	42%
Carbohydrates	69g	23%
Dietary Fiber	7g	28%
Sugars	19g	
Protein	39g	

MYPLATE FOOD GROUPS

- [x] Grains
- [ ] Fruits
- [x] Vegetables
- [x] Protein
- [ ] Dairy

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