
Kentucky Farm to School Junior Chef



Spaghetti Nest with Parmesan Cheese Turkey Meatballs

Martin County High School

Ingredients:

Spaghetti Sauce

- 1/2** Green Pepper, small dice
- 1** Onion, small dice
- 1** Garlic clove, minced (substitute 1/8 tsp canned minced garlic)
- 1/2 Cup** Zucchini, small dice
- 1 Tbsp Olive Oil
- 6** Tomatoes (substitute 16 oz can)
- 6 oz Tomato Paste
- 8 oz Tomato Sauce
- 1/2 tsp Salt
- 1/2 tsp Pepper
- 1 tsp** Oregano
- 1/2 Cup Hot Water
- 3/4 Cup Mushrooms (optional) Fresh (sliced) or canned

Turkey Meatballs

2 lbs Ground turkey (substitute beef)
3/4 Cup Parmesan cheese, grated
3/4 Cup Whole Wheat Bread Crumbs
1 Large egg, lightly beaten
2 tsp Oregano and basil
2 tsp Parsley flakes
1 tsp Garlic Powder
1 tsp Salt
Dash Black pepper
3-4 Tbsp Bread Crumbs, fine dry

Spaghetti Nest

1 Egg
8 oz Whole grain Spaghetti
1 Cup Parmesan Cheese
1 Cup Spaghetti Sauce
1/4 Cup Parsley Springs (optional)

Directions:

For Spaghetti Sauce

- 1- Dice green pepper and onion. Mince garlic.
- 2- Heat olive oil in a medium size pan (not skillet) add green pepper, onion, garlic.
- 3- Saute approximately 5 minutes until onions look glassy.
- 4- Add zucchini and mushrooms (if fresh not canned).
- 5- Dice tomatoes (blanch and peel if desired)
- 6- Add tomatoes, tomato paste, tomato sauce, pepper, oregano, and hot water to the pot.

7- Cover (simmer low or medium heat for 45 minutes to 1 hour, stirring occasionally).

For Meatballs

- 1- Heat oven to 375 ° F. Line a large baking sheet with nonstick foil, such as a large half sheet pan.
- 2- Combine turkey, cheese, $\frac{3}{4}$ cup bread crumbs, egg, oregano, basil, parsley, garlic powder, salt, and pepper. Mix by hand thoroughly.
- 3- Shape into meatballs, about 1 ounce each. A small cookie scoop works well to keep them uniform in size.
- 4- Roll the meatballs in the fine dry bread crumbs to lightly coat.
- 5- Arrange them on the baking sheet.
- 6- Dust with the dry bread crumbs.
- 7- Bake for 20 to 25 minutes, or until browned and cooked through. Note: If you make large meatballs allow more baking time.

For Spaghetti:

- 1- Fill a pot about half full of water, place on stove on highest heat.
- 2- Cover and let come to a rolling boil before adding spaghetti.
- 3- Add spaghetti to water, leave uncovered. Turn heat down to medium high/medium.

- 4- Stir occasionally, cook until spaghetti can be easily cut with the side of a fork (overcooking may cause spaghetti to become sticky or mushy).
- 5- Drain in a colander or strainer.

For Spaghetti Nest:

- 1- Whisk one egg in a large bowl.
- 2- Add slightly cooled spaghetti to egg.
- 3- Add 1 cup of shredded parmesan cheese.
- 4- ¼ cup of prepared spaghetti sauce.
- 5- Stir until well incorporated.
- 6- Place in a large muffin pan and make a "nest" with a measuring spoon.
- 7- Bake 15 to 20 minutes at 375 ° F.
- 8- Place meatball into nest, top with sauce and grated parmesan cheese. Bed of sauce optional.
- 9- Garnish with Parsley sprigs.