

Kentucky Dept. of Education

001360 - Spag Nest w/Parm Trky Mtballs

Recipe HACCP Process: #2 Same Day Service

Source: Martin County
 Number of Portions: 48
 Size of Portion: Servings

Meat/Alt: 2.5 oz
 Grains: 1 oz
 Fruit: 0 Cup
 Vegetable: 0.25 Cup
 Milk: 0 Cup

011333 PEPPERS,SWEET,GREEN,RAW..... 011282 ONIONS,RAW..... 799939 GARLIC,RAW..... 011477 SQUASH,SMMR,ZUCCHINI,INCL SKN,RAW..... 903846 Extra Virgin Olive Oil..... 799943 TOMATOES,RED,RIPE,RAW,YEAR RND AVERAGE... 050544 TOMATO PASTE, LOW-SODIUM, CANNED..... 050541 TOMATO SAUCE, LOW-SODIUM, CANNED..... 002047 SALT, TABLE..... 002030 PEPPER, BLACK..... 901071 OREGANO LEAVES, DRIED..... 014411 Hot Water..... 011260 MUSHROOMS, RAW.....	4 Small, diced 8 Medium, chopped 8 cloves, minced 4 CUP, chopped 1/2 CUP 48 small whole (2-2/5" dia) 48 OZ 64 OZ 4 TSP 4 TSP, ground 8 TSP, ground 4 CUP 6 CUP, pieces	For sauce: Dice green peppers and onion. Mince garlic. Heat olive oil in pan, add green pepper, onion and garlic. Saute approximately 5 minutes until onions look glassy. Add zucchini and mushrooms. Dice tomatoes. Add tomatoes, tomato paste, tomato sauce, pepper, oreganon and hotwater to the pot. Cover and simmer on low or medium heat for 45 minutes to 1 hour. stirring occassionaly.
050014 Whole Wheat Bread Crumbs..... 005668 GROUND TURKEY,85% LN,15% FAT,RAW..... 001032 CHEESE,PARMESAN,GRATED..... 903894 Egg, beaten..... 901071 OREGANO LEAVES, DRIED..... 002029 PARSLEY, DRIED..... 002020 GARLIC POWDER..... 002047 SALT, TABLE..... 002030 PEPPER, BLACK..... 018079 BREAD CRUMBS, DRY, GRATED, PLN.....	6 CUP 12 LB 6 CUP 8 Each 5 TBSP, ground + 1 TSP, ground 5 TBSP + 1 TSP 8 TSP 8 TSP 1 TSP 1 1/2 CUP	Meatballs: Heat oven to 375 degrees. Line large baking pans with non stick foil. Combine turkey, cheese, bread crumbs, egg, oregano, parsley, garlic powder, salt and pepper. Mix by hand thoroughly. Shape into balls about 1 ounce each. Roll the meatballs in dry bread crumbs to lightly coat. Arrange on baking sheet. Bake for 20-25 minutes or until reach internal temperature of 165 degrees.
902704 Egg Commodity..... 050465 SPAGHETTI, WHOLE GRAIN, DRY..... 001204 CHEESE,PARMESAN, DRY GRATED, RED FAT.....	8 (1 large) 4 LB 8 CUP	Cook spaghetti according to directions. Spaghetti Nest: Whisk eggs in a large bowl. Add slightly cooked spaghetti to egg. Add shredded parmesan cheese. Add 4 cups sauce. Stir until well incorporated. Place (1/2 cup each) in muffin pans and make a nest with a measuring spoon. Bake 15-20 minutes at 375 degrees. Place two meatball in next and top with sauce and grated parmesan cheese. Hold at 135 degrees or higher for service.

**N/A* - denotes a nutrient that is either missing or incomplete for an individual ingredient*
** - denotes combined nutrient totals with either missing or incomplete nutrient data*
¹ - denotes optional nutrient values
² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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Recipe Master List

*Nutrients are based upon 1 Portion Size (Servings)

Calories	573	kcal	Cholesterol	*113.95*	mg	Sugars	*1.53*	g	Calcium	*400.15*	mg	41.87%	Calories from Total Fat
Total Fat	26.64	g	Sodium	1269.46	mg	Protein	37.33	g	Iron	*5.54*	mg	14.42%	Calories from Sat Fat
Saturated Fat	9.18	g	Carbohydrate	50.72	g	Vitamin A	*1966.96*	IU	Water ¹	*235.27*	g	*0.32%*	Calories from Trans Fat
Trans Fat ²	*0.21*	g	Dietary Fiber	*7.99*	g	Vitamin C	*29.29*	mg	Ash ¹	*5.73*	g	35.42%	Calories from Carbohydrates
												26.08%	Calories from Protein

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NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.