

MEATBALLS (LOW FAT)

F MEDIUM

Last Modified: 06/30/2016

PREP: 20 Min
COOK: 1 Hr
STOVETOP

ITALIAN

MAKES 4 SERVINGS (ABOUT 16 MEATBALLS)

QUA	MEASURE	INGREDIENT	PROCESS
6	Oz	Ground Turkey Breast	
4	Oz	Ground Sirloin (95 / 5)	
2	Oz	Extra Lean Ground Pork	
1/2	Oz	Parmigiano Reggiano (Made in Italy)	
OR SUBSTITUTE IF NECESSARY			
1/2	Oz	Parmesan Cheese (Made Anyplace Else)	
1/2	Medium	Eggplant	Cooked
2	Cups	Puffed Kamut Cereal	Ground
SUBSTITUTE (IF NECESSARY)			
2	Cups	Puffed Wheat Cereal	Ground
1	Pinch	Crushed Red Pepper Flakes	

SLURRY

1/2	Cup	Chicken Stock (Swanson)	Fat Free
1	Large	Egg White	
1	Clove	Garlic	Coarse Chop
1/2	Cup	Yellow Onion	Coarse Chop
1/4	Cup	Fresh Italian Parsley Leaves	Coarse Chop

PREPARATION

FACTOID	A Spaghetti Dinner with "normal" Italian Meatballs is 1200 Calories per serving. With these Meatballs, the Calories drop to 350 - - COOL!!!!
FACTOID	Some of the ingredients are a tad "different", Eggplant, Kamut, etc. BUT - all combine together to create the "low fat" label of this recipe.
HINTS	These Meatballs are EXCELLENT! You can make large batches of them to use in appetizers or to freeze after frying for use later.
OPTION	If you cannot find Puffed Kamut Cereal, substitute Puffed Wheat Cereal instead.
FACTOID	Technically, the major difference between Parmigiano Reggiano and Parmesan Cheese is what country it is made in. Locale will indeed create subtle flavor differences, but do our ageing palates really notice that difference????
TOOLS	<ol style="list-style-type: none"> 1) Large Mixing Bowl 2) Food Processor OR Blender 3) Zip Lock Bag 4) Large Non-Stick Skillet 5) Large Saucepan & Lid 6) Aluminum Half Sheet Pan 7) Stock Pot & Lid 8) Microwave Oven 9) #16 Batter Disher (Blue) 2 Oz

MEATBALLS (LOW FAT)

PREP	DISH 1) Shred the Parmesan Cheese and set it aside. 2) Seal the Cereal in a zip lock bag and crush it with a rolling pin.
PREP	SLURRY 1) Coarsely chop the Garlic Cloves and set them aside. 2) Coarsely chop Yellow Onion and add it on top of the Garlic. 3) Coarsely chop the Parsley Leaves and add them on top of the Garlic.
1	EGGPLANT: Cut the Eggplant in half lengthwise. Score the flesh into 1/2 inch squares down to the skin but not through it. Sprinkle the flesh side liberally with Salt and set aside for 10 minutes. Place it on a sheet pan, skin side down and broil on high heat until lightly browned, about 4 minutes. Turn the Eggplant half so the flesh is down on a small plate. Microwave on high for 2 minutes. Using a spoon, scoop the flesh from the skin (It will be gooey with a few chunks remaining), chop it finely and set it aside to cool.
2	SLURRY: In a food processor, add in the Chicken Stock, Egg White, Garlic, Onion and Parsley. Pulse until all ingredients are chopped fine and set it aside.
3	In a large mixing bowl, add in the Ground Turkey Breast, Ground Sirloin, Ground Pork, a pinch of Salt, 1/2 cup of the Chopped Eggplant, the Parmigiano Reggiano, the Ground Kamut and the Slurry. Mix it together LIGHTLY with your hands. Do NOT over mix.
4	Spray your hands with Olive Oil Spray. Take a heaping tablespoon (or a disher) of the Meatball Mixture and roll it lightly into a ball and set them on a plate until all are made.
5	Spray a large non-stick skillet with Olive Oil Spray. Over medium high heat, try to brown the Meatballs on all sides by gently rolling them around. OR BETTER STILL Spray them lightly with Olive Oil Spray and bake them (NOT touching) on a sheet pan at 350 degrees for 40 minutes, or until nicely browned.
6	In a large saucepan over medium low heat, place the Browned Meatballs and the Spaghetti Sauce of your choice and simmer while covered for 45 minutes to 1 hour.
7	Cook the Spaghetti Noodles of your choice according to package directions. Reserving 1 ladle of the cooking water. Drain, the Noodles and immediately (so they DON'T stick together) stir in a little of the hot Spaghetti Sauce.
8	Spoon out the Meatballs and place and place them in a circle around the outside of individual heated dinner plates. In the Sauce, add a little more Parmigiano Reggiano and a pinch of Red Pepper Flakes to taste. Add in the cooked Spaghetti and the reserved cooking water into the saucepan and stir to thoroughly coat the Noodles with the Sauce.
SERVE	Divide the Spaghetti into 1/4's and heap it in the center of each Meatball rimmed dinner plate. Serve while hot