

Italian Turkey Meatballs, Tomato Basil Sauce, Rigatoni

Serving Size: 1 plate

Makes 12 servings

Marinara Sauce

3 tbsp	onions, diced
1 clove	garlic, fresh
1 ½ tsp	canola oil
13 oz	crushed tomatoes, canned (14.5 oz can)
7 oz	tomato puree (¼ of a 28 oz can)
Pinch	oregano, chopped
1/8 tsp	salt
Pinch	crushed red pepper flakes
¼ oz	granulated sugar
1 tbsp	basil, chopped

Homemade Turkey Meatballs

2 lb.	ground turkey, 93% lean
2 each	whole eggs
5 ½ oz	breadcrumbs
2 tsp	salt
2 tsp	ground black pepper
1 tbsp	parmesan cheese, grated
2 tsp	parsley, chopped
1 tsp	granulated garlic

Rigatoni

12 cups	rigatoni pasta, cooked
garnish	basil, fresh

Preparation:

1. Prepare marinara sauce: Sauté onions and garlic in oil until translucent. Add tomatoes, tomato puree, oregano, salt, red pepper flakes, sugar, and basil. Simmer 30 minutes to 1 hour.
2. Prepare turkey meatballs: Mix turkey with eggs, breadcrumbs, salt, black pepper, parmesan cheese, parsley and garlic. Scoop into 1 oz wt. balls. Cook in 350°F oven until meatballs reach an internal temperature of 165°F (about 12 minutes).
3. For each plate: 3 meatballs, ¼ cup marinara, 1 cup cooked rigatoni, garnish with basil

NUTRITION FACTS PER SERVING

calories	410
total fat (g)	11
saturated fat (g)	2
trans fat (g)	0
sodium (mg)	500
total carbohydrate (g)	54
dietary fiber (g)	3
sugar (g)	5
protein (g)	24



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