

Healthy Harvest® Pasta Sauce Gluten Free Spaghetti and Meatballs

Preparation Time: 15 minutes

Cooking time: 30 minutes

Servings: 4



Plan ahead and get dinner on the table faster with this simple and delicious family favourite; now in gluten free.

Ingredients

1 jar (700 mL) **Healthy Harvest® Pasta Sauce Tomato and Herbs**

1/2 cup (125 mL) grated Parmesan cheese

1/3 cup (75 mL) ground almonds

1/3 cup (75 mL) grated onion

2 tbsp (30 mL) milk

2 tsp (10 mL) Italian seasoning

3/4 tsp (4 mL) each salt and pepper

3 cloves garlic, minced

2 eggs, beaten

8 oz (250 g) lean ground beef

8 oz (250 g) lean ground pork

ground veal

8 oz (250 g)

1 pkg (340 g) **Catelli® Gluten Free Spaghetti**, cooked and drained Basil leaves

Instructions

1. Preheat the oven to 400°F (200°C). Stir the Parmesan with the almonds, onion, milk, Italian seasoning, salt, pepper, garlic and eggs. Crumble in the ground beef, pork and veal. Gently mix until well combined. Portion and roll into 32 meatballs. Arrange in a greased casserole dish.
 2. Bake for 15 minutes or until tops are set. Pour pasta sauce over top. Bake for 15 minutes or until sauce is bubbling and meatballs are cooked through. Transfer half the meatballs, using a slotted spoon, to a container. Pour the sauce and remaining meatballs over the cooked spaghetti. Garnish with basil leaves.
 3. Once cooled, reserve the leftover meatballs tightly covered, in the refrigerator for up to 3 days. Serve with additional sauce over rice, in a gluten free Kaiser or on skewers as an appetizer.
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Tip: The ground meat trio is an Italian tradition but these meatballs can also be made with 100% ground beef. Formed, raw meatballs can be frozen, tightly sealed, for up to 1 month.

Nutritional Information per serving:

592 calories, 17 g fat, 5 g saturated fat, 20 mg cholesterol, 764 mg sodium, 82 g carbohydrates, 10 g fibre, 15 g sugar, 24 g protein.



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