



Hearts of Palm Spaghetti & Meatballs



1/2 of recipe (about 1 cup with 3 meatballs): 243 calories, 8g total fat (2g sat. fat), 708mg sodium, 17.5g carbs, 4g fiber, 5g sugars, 22.5g protein

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Prep: 10 minutes **Cook:** 15 minutes



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Ingredients

2 cups hearts of palm noodles (like the kinds by [Palmini](#), Trader Joe's, and Whole Foods)
6 oz. raw extra-lean ground beef (at least 95% lean)
1/4 cup panko bread crumbs
2 tbsp. (about 1 large) egg white or fat-free egg substitute
1 tsp. garlic powder
1/2 tsp. Italian seasoning
1/8 tsp. salt
1/8 tsp. black pepper
1 cup no-sugar-added marinara sauce

Directions

Drain and rinse noodles.

In a large bowl, combine beef, bread crumbs, egg white/substitute, and seasonings. Mix thoroughly. Evenly form into 6 meatballs.

Bring a large skillet sprayed with nonstick spray to medium-high heat. Add meatballs, and cook and rotate until browned on all sides, about 3 minutes. Reduce heat to medium low. Carefully add sauce, and gently stir to coat. Cover and cook for about 8 minutes, until meatballs are cooked through.

Add noodles to the skillet. Cook and stir until hot, about 2 minutes.

MAKES 2 SERVINGS

HG FYI: Many jarred sauces have no added sugar... You just need to flip 'em around and check the ingredients!

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