



Baked Meatball Sub with Buttered Pasta and Fresh Grapes 6 servings

To Make Baked Meatballs:

- 1 lb Lean ground beef *
- ½ tsp Salt
- 1 tsp Onion powder
- 1 tsp Garlic powder
- ½ cup Saltine cracker crumbs
- ½ cup Skim milk

Preheat oven to 425 o. Get out a mixing bowl. Add all ingredients to bowl and mix well. Make 1 ½ “ meatballs out of ground beef mixture and place on a baking sheet/pan with about ½ “ between each one. Bake for 12 minutes. Remove from pan onto a paper towel-lined plate to absorb any grease.



Recipe Nutrition per serving

166 calories; 14 gm protein; 6 gm carbohydrate; 9 gm total fat; 3 gm saturated fat; 47 mg cholesterol; 0 gm fiber; 303 mg sodium

Meatball Sub Sandwich:

Place 3-4 cooked meatballs on a sub (or hot dog) roll. Add a slice of Provolone cheese, if desired. Heat simple tomato sauce on the stove and pour a little into each sandwich.

To Make Buttered Pasta:

Cook pasta according to the box directions. Add a small amount of butter or olive oil and stir just before serving.

To Make Fresh Grapes:

Cut grapes into small bunches. Wash well.

Side Items: choose one to complete your meal.

1. Steamed Fresh Cabbage (red or green)

- Affordable, staple ingredient: Fresh cabbage

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- To Make: Wash fresh cabbage. Use a cutting board and knife to cut thin strips of cabbage. Cut into 2 “ length pieces and place in a saucepan. Add 1/4 - ½ cup water and cover. Cook on medium heat until cabbage is fork-tender. Drain water and dust with salt & pepper to taste.

2. Onion Flavored Green Beans or Broccoli

- Affordable, staple ingredient: Lowes Foods Frozen Green Beans or Lowes Foods Frozen Broccoli Cuts

To Make: Use a cutting board and knife to chop ½ small onion for topping. Cook frozen green beans or broccoli according to package directions. Drain water. Add onions to the top. Dust with salt and pepper to taste.

3. Orangey Carrots

- Affordable, staple ingredient: Fresh carrots

To Make: Peel and wash carrots and cut off the very top and bottom of each. Cut each carrot into coin-shaped pieces, about ½ “ wide. Place in a saucepan and cover with water. Cook on medium high until carrots are fork-tender. Drain water. Add ¼ cup orange juice and/or 1 teaspoon orange zest and stir.