



Easy Baked Meatballs with Buttered Pasta Serves 6

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	Nonfat milk

Preheat oven to 425 °. 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

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.

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.