

# Kid Friendly Spaghetti and Meatballs

## Ingredients:

1 (9-ounce) package refrigerated fettuccine  
1 (12-ounce) package bulk sweet Italian turkey sausage meat  
1 tablespoon extra-virgin olive oil  
2 cups sliced onions  
1/4 teaspoon crushed red pepper flakes  
2 large garlic cloves, crushed  
2 cups lower-sodium marinara sauce (such as McCutcheon's)  
1/2 ounce pecorino cheese, grated (about 2 tablespoons packed)  
8 fresh basil leaves, torn

## Directions:

Cook the pasta according to package directions, omitting salt and fat; drain.

Shape sausage into 12 (1-inch) balls.

Heat a large skillet over medium-high heat. Add oil to pan; swirl to coat.

Add meatballs to pan; cook 7 minutes, browning on all sides. Remove the meatballs from pan.

Add onions, red pepper, and garlic to pan; sauté for 2 minutes. Return meatballs and add marinara sauce to pan, and bring to a simmer over medium heat, scraping pan to loosen browned bits.

Reduce heat to medium-low, and simmer 5 minutes or until meatballs are done.

Add cooked pasta to sauce mixture; toss well. Sprinkle with cheese and basil.

Recipe reprinted with permission from the Kids in the Kitchen Cookbook, available at Amazon and retailers nationwide.

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