

# Traditional Spaghetti and Meatballs

Serves 6

**1 pound Spaghetti, Linguine or Thin Spaghetti, uncooked**

## **Meatballs:**

**4 slices white bread  
1/2 cup skim milk  
2 large egg whites  
8 oz. ground turkey  
8 oz. extra lean ground beef  
1/4 cup grated Romano cheese  
1 tbsp. minced fresh basil or 1 tsp. dried basil  
1 tsp. minced fresh oregano or 1/2 tsp. dried oregano  
1/2 tsp. salt  
1/4 tsp. pepper**

## **Sauce:**

**1 recipe Basic Tomato Sauce (see recipe below)  
1 tsp. vegetable oil, divided**

**Put the bread into a medium mixing bowl and pour the milk over it. Let sit 5 minutes. Add the egg whites, ground turkey, ground beef, Romano cheese, basil, oregano, salt and pepper. Knead the mixture with your hands until it is smooth. To prevent sticking, dip your hands into cool water before forming each meatball. Form mixture into 30 1 1/2-inch balls.**

**Pour the tomato sauce into a large, heavy-bottom saucepan and bring to a simmer over low heat. Warm 1/2 teaspoon vegetable oil in a large non-stick skillet. Add half the meatballs to the skillet and brown them on all sides. Spoon the meatballs into the tomato sauce. Add the remaining 1/2 teaspoon vegetable oil to the skillet and brown the rest of the meatballs, then add them to the sauce. Simmer, stirring, for 20 minutes.**

**While sauce is simmering, prepare pasta according to package directions; drain. Transfer to a large serving bowl. Remove bay leaves from sauce; pour sauce over pasta and serve.**

## **Sauce: Serves 4**

**1 tsp. vegetable oil  
1 medium onion, chopped  
2 cloves garlic, chopped  
2 28-oz. cans whole tomatoes  
1 6-oz. can tomato paste  
2 tsp. dried Italian seasoning  
2 bay leaves  
Salt and pepper to taste**

**In a medium, heavy-bottom saucepan, stir together the oil, onion and garlic. Cook over low heat, stirring often, until the onion is very soft and aromatic, about 6 to 8 minutes. In a food processor or blender, puree the tomatoes. Add the tomatoes and tomato paste to the onions and bring to a simmer over medium-high heat. Reduce the heat to very low and let the sauce simmer slowly for 30 minutes, stirring the bottom often to prevent burning. If you are adding meatballs, do so at this time, and simmer them in the sauce for 20 minutes, stirring often. If you are not adding meatballs, simmer the sauce for another 20 minutes (50 minutes total). Season to taste with salt and pepper. Remove bay leaves before serving.**

**For more pasta recipes, please visit [www.ilovepasta.org](http://www.ilovepasta.org)**

# Sweet and Hot Spaghetti Toss with Fennel Gremolata

Serves 8

**1lb. Spaghetti, or other long pasta shape**  
**5 links (20 ounce total) hot Italian Sausage**  
**3 fennel bulbs**  
**2 lemons**  
**1 tbsp, minced garlic**  
**1 tbsp. Sweet and hot mustard**  
**4 oz. freshly grated Parmesan**  
**1/2 C. slivered blanched almonds, lightly toasted**

**Prepare pasta according to package directions, drain.**

**While pasta is cooking, in heavy 3 quart saute pan over medium heat, brown sausage whole according to package directions, turning occasionally, about 20 minutes. Transfer to a paper towel to drain, cut crosswise into 1/4-inch thick slices. Return sausage to pan to brown on both sides, turning frequently, about 5 minutes. Transfer to a paper towel. Drain all but 1 tbsp. Drippings from pan and remove from heat.**

**To prepare fennel, trim stalks to within 1 inch of bulb. Finely chop feathery leaves to yield 1 cup, set aside and discard stalks. Cut off and discard bulb base. Cut bulb lengthwise into halves, then crosswise into 1/4-inch thick slices (about 3 cups).**

**To prepare fennel gramolata, in a small bowl, grate peel from both lemons, stir in chopped fennel leaves and garlic, set aside. Juice lemons in a separate bowl, stir in mustard and set aside.**

**Return pan to medium heat. Saute sliced fennel bulb until crisp/tender, about 3 minutes. Remove from heat. Stir in lemon juice mixture and sausage.**

**In a large serving bowl, combine pasta, fennel, sausage, and Parmesan; toss to mix well. Spoon fennel gremolata and almonds atop. Toss to incorporate just before serving.**

# **Pasta with Prosciutto and Goat Cheese**

**Serves 6**

**1 pound Penne or Ziti, uncooked**  
**4 tbsp. olive or vegetable oil**  
**1 medium yellow onion, peeled and diced (about 2/3 cup)**  
**4 oz. prosciutto, thinly sliced, diced in 1/2-inch pieces (about 1/2 cup)**  
**1/8 cup toasted almond slivers**  
**8 large basil leaves, finely chopped (about 3 tbsp.) or 2 tbsp. dry basil**  
**1/4 cup diced sun-dried tomatoes**  
**1 1/2 cups chicken stock or broth**  
**4 oz. goat cheese, broken into small pieces**  
**Salt and pepper to taste**

**Prepare pasta according to package directions. Drain and plunge in cold water to stop the cooking process; drain again.**

**In a large sauté pan, heat olive or vegetable oil and sauté onion for 2 minutes. Add prosciutto, almonds, basil and sun-dried tomatoes. Toss together, add chicken stock and cook 5-7 minutes longer. Add the cooked pasta and goat cheese and stir. Warm over low heat for another minute. Season with salt and pepper. Serve while piping hot.**

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## **Beer Brat Pasta**

*One of NPA's Top 10 Favorites from the "Great States of Pasta" Recipe Contest Winners!*

**Serves 10-12**

**1 lbs. Rigatoni or other medium pasta shape  
15 oz. fresh bratwurst  
1/2 cup beer  
1-1/2 cups low-fat cheddar cheese  
2 sweet red peppers, coarsely chopped  
1 cup onions, coarsely chopped  
4 garlic cloves, chopped  
1/2 cup fresh basil  
1 tbsp. olive oil**

**Preheat oven to 425°F. Mix red pepper, onions, and garlic with 1 Tbsp. of olive oil in 9 x 13 baking dish and roast in oven for 25 minutes; stirring occasionally.**

**While vegetables roast, remove casing from bratwurst, crumble and brown in a skillet over medium heat until they are no longer pink and well brown. Remove bratwurst and drain on paper towel. Pour fat from skillet. Add bratwurst and beer to skillet and simmer. Cook pasta according to package directions and drain, reserving 1/2 cup of pasta water.**

**Remove roasted vegetables from oven, immediately add bratwurst from skillet, add basil, pasta, 1 cup of cheese and toss to mix thoroughly. If mixture seems too dry, add some of the pasta water to moisten. Sprinkle remaining cheese over top and serve**

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