



Recipe developed by Chef Paige Vondran

SPAGHETTI & MEATBALLS

	Ingredients	Exchanges
Protein	24.5 gm raw ground beef, 75%-90% lean	3.5
	3 gm fresh, whole egg	0.2 (-0.3 gm fat)
Fat	24 gm butter, softened	5 (-1.0 gm)
	5 gm mayonnaise	1
Carbohydrate	17 gm tofu shirataki noodles	0.6
	19.8 gm Rao's® marinara sauce	0.7 (-0.7 gm fat)
Other	salt, pepper, basil, oregano	

DIRECTIONS

- In a small bowl, combine the raw ground beef, egg, and mayonnaise.
- Season to taste with salt, pepper, dried basil and oregano.
- Using a rubber spatula, stir until combined.
- Spray a pan with nonstick cooking spray and warm over medium heat.
- Using your hands, scoop the meat mixture and form into small balls.
- Gently place meatballs in the hot pan.
- Cook the meatballs for approximately 7-10 minutes while rolling them on all sides.
- In a separate bowl, heat the marinara sauce in the microwave.
- Whisk the softened butter into the marinara sauce.
- Place the cooked shirataki noodles on a serving plate.
- Top the noodles with the sauce and meatballs.
- Serve hot.

VARIATIONS

- Other ground meats such as turkey or chicken may be substituted for the ground beef.
- Ramen noodles may be used instead of tofu shirataki noodles.
- Tomato sauce or other brands of marinara sauce may be used instead of Rao's® marinara sauce.