

Baked Cheesy Meatball Casserole

Printable grocery list · Serves 4

- ☐ Ground turkey or chicken breast
- ☐ Whole wheat breadcrumbs
- ☐ Grated reduced-fat parmesan
- ☐ Fresh parsley
- ☐ Eggs
- ☐ Garlic
- ☐ Dried oregano
- ☐ Dried basil
- ☐ Olive oil
- ☐ Tomato puree
- ☐ Red pepper flakes
- ☐ Fat-free shredded mozzarella
- ☐ Sugar substitute (optional)
- ☐ Salt & pepper