

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