

Healthy Baked Cheesy Meatball Casserole

Printable Grocery List

For the Meatballs:

- ☐ 1.5 lbs ground turkey breast (or ground chicken)
- ☐ 3/4 cup whole wheat breadcrumbs
- ☐ 1/3 cup grated reduced fat Parmesan cheese
- ☐ 1/3 cup fresh parsley, chopped
- ☐ 2 eggs
- ☐ 3 cloves garlic, minced
- ☐ 1.5 tsp dried oregano
- ☐ 1.5 tsp dried basil
- ☐ Salt/pepper to taste
- ☐ 1 tbl olive oil

For the Sauce:

- ☐ 3 cups tomato puree
- ☐ 3 cloves garlic, minced
- ☐ 1 tsp dried oregano
- ☐ 1 tsp dried basil
- ☐ 1 tsp red pepper flakes
- ☐ Salt/pepper to taste
- ☐ Sugar substitute, optional

For the Topping:

- ☐ 1.5 cups Kraft fat free mozzarella cheese, shredded
- ☐ 1/3 cup grated reduced fat Parmesan cheese