

Healthy Baked Cheesy Meatball Casserole

Printable grocery list · Serves 4

MEATBALLS

- ☐ 1½ lbs ground turkey or chicken breast
- ☐ ¾ cup whole wheat breadcrumbs
- ☐ 1/3 cup grated reduced-fat parmesan
- ☐ 1/3 cup fresh parsley, chopped (or 2 tbsp dried)
- ☐ 2 eggs
- ☐ 3 cloves garlic, minced
- ☐ 1½ tsp dried oregano
- ☐ 1½ tsp dried basil
- ☐ Salt and pepper
- ☐ 1 tbsp olive oil

SAUCE

- ☐ 3 cups tomato puree
- ☐ 3 cloves garlic, minced
- ☐ 1 tsp dried oregano
- ☐ 1 tsp dried basil
- ☐ 1 tsp red pepper flakes
- ☐ Salt and pepper
- ☐ Sugar substitute (optional)

TOPPING

- ☐ 1½ cups fat-free shredded mozzarella
- ☐ 1/3 cup grated reduced-fat parmesan