

village health clinic

naturopathic medicine & midwifery care

Spaghetti and (turkey) Meatballs

Take an old favorite up a notch with this healthier version. Buckwheat (Eden) or Quinoa (Ancient Harvest) pasta offer a healthy alternative for the gluten/wheat-free diet, while ground turkey and quinoa improve the heart healthy profile of the meatballs.

Ingredients

1 lb (450g) organic ground turkey
1 large organic whole egg, beaten
1 cup (240ml) cooked quinoa
1 Tbsp minced garlic
2 tsp onion powder
2 tsp thyme
2 tsp ground cumin
1 tsp paprika
1 tsp dried oregano
1/2-1 tsp sea salt
1/2 tsp black pepper

Method

COMBINE quinoa with all the spices and add ground turkey and beaten egg. Mix well with hands. FORM 1-1/2 inch balls. Bake meatballs in a lightly greased glass dish or stoneware at 425°F (180°C) for 20 minutes then simmer in tomato sauce over medium-low heat for 20-25 minutes.

Cook pasta according to package instructions. Gluten-free pastas tend to cook quickly, so check periodically for doneness.

Tomato Sauce-

1 large tin of crushed tomatoes
Handful of sweet cherry tomatoes
1 Tbsp of organic cane sugar
1 red pepper finely chopped (optional)
Salt and pepper to taste

HEAT the crushed tomatoes in a large saucepan

ADD the cherry tomatoes, sugar and red pepper

LEAVE to simmer and thicken for 10-12 minutes

STIR occasionally and season with salt and pepper to taste.

OPTION: for a time-saver option, use your favorite jarred pasta sauce instead of homemade tomato sauce.

Serve over buckwheat or quinoa spaghetti noodles. Garnish with freshly grated parmesan cheese and torn fresh basil leaves.