

Spaghetti and meatballs. It's one of the all-time classic dinners. While you've probably had it countless times, once you have our version made with hearty vegetarian turkey and our *mama's secret recipe* tomato sauce, you'll never look at this dish the same! Served alongside a classic Caesar with crispy croutons, you're in for a treat tonight.



## Ingredients

veggie meatballs	sourdough croutons
spaghetti	caesar salad dressing
marinara sauce	shaved parmesan
basil	grated parmesan
romaine lettuce	

### Ingredient Breakdown

**Vegetarian Meatballs:** beyond meat vegetarian meatballs.

**Marinara Sauce:** crushed tomatoes, sweet onions, carrots, celery, reduced white wine, basil, and oregano.

**Caesar Salad Dressing:** house mayonnaise (canola oil, pasteurized egg yolks, lemon juice, red wine vinegar, salt), reggiano parmesan, lemon juice, garlic, and salt.

**Sour Dough Croutons:** sourdough bread, olive oil, butter, garlic, fresh herbs, and salt.

**Sour Dough Croutons (GF):** gluten free grain bread, garlic, rosemary, thyme, olive oil, and sweet butter.

**WHAT YOU NEED** large pot, baking sheet, parchment or wax paper, chef's knife, cutting board, large sauté pan, medium pot, tongs, strainer or colander, large salad bowl

**FROM YOUR PANTRY** olive oil, salt (sea or kosher), pepper



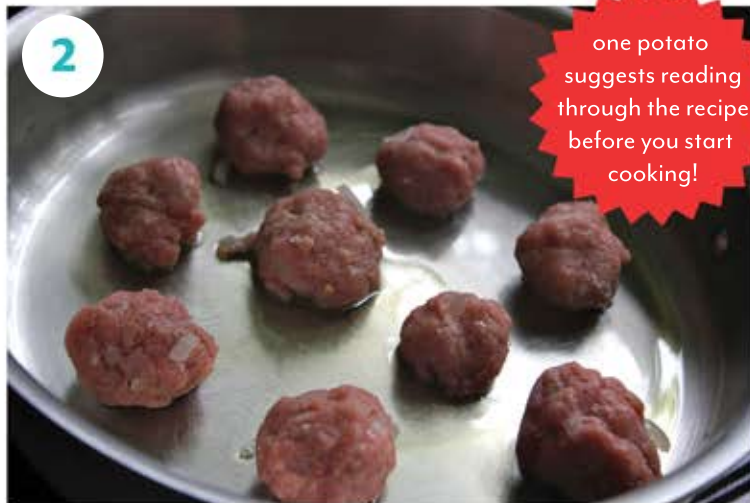


1

Set a large pot  $\frac{3}{4}$  full of water over medium high heat and cover.

Place the veggie meatballs on a baking sheet and let sit at room temperature for 10 minutes.

Roughly chop the basil and set aside.



2

one potato suggests reading through the recipe before you start cooking!

Warm 1 tablespoon of oil in a large sauté pan set over medium heat. Gently slide the meatballs into the pan and cook for 4 minutes on one side, turn them over and cook for an additional 4 minutes (depending on the size of your pan and how many meatballs you have, you may have to cook them in batches).

Remove meatballs from the pan and let rest on a plate.



3

Season the boiling water with a tablespoon of salt and stir in the spaghetti. Cook the pasta for 9 minutes for al dente (if you prefer softer pasta, cook for 2 additional minutes). Drain the water and return pasta to the pot. Toss with a little olive oil (to prevent sticking), and cover.

While the pasta is cooking, place the marinara sauce into a medium pot and set over medium heat. Add the seared meatballs, bring just to a boil, reduce heat to a low simmer and cook covered for 8-10 minutes.



4

Separate/pull apart the romaine lettuce. Rinse and pat dry (if desired, chop it into smaller pieces). Place the lettuce and croutons into a bowl. Shake the dressing well and drizzle it over the top. Toss to coat evenly and sprinkle the shaved parmesan on top.

Serve pasta topped with the marinara and meatballs (you can also stir all of the pasta into the pot of sauce and meatballs first, then divide it into serving bowls or plates). If desired, garnish marinara sauce with basil and grated parmesan. Serve accompanied by the Caesar salad.

Enjoy!



### GETTING KIDS INVOLVED

Kids can help put the meatballs on the sheet tray and make the Caesar salad.

### TIPS



### COOKING

This dish is easily freezable. Simply freeze the marinara sauce and meatballs and then follow the same step-by-step instructions when ready to cook. The Caesar Salad can be enjoyed while fresh for a simple lunch.



### ENCOURAGING KIDS TO TRY

Make eating salad fun. Offer kids a piece of romaine lettuce, have them dip it in the dressing, top with some croutons and Parmesan and crunch away!