

Meatball Sandwiches

Serves 4, 1 sandwich per serving



Ingredients

- 1/2 Meatball Master Mix recipe (about 10 meatballs) (page X)
- 4 slices low-fat mozzarella cheese
- 1 1/3 cups prepared spaghetti sauce
- 4 whole-wheat hot dog buns, pita pockets OR bread

Directions

1. Thaw meatballs in refrigerator for 24 hours.
2. Place meatballs and spaghetti sauce in large saucepan.
3. Heat until meatballs are 165°F with a food thermometer.
4. Place meatballs into warmed bun.
5. Spoon spaghetti sauce onto bun and place mozzarella slice on top of the sandwich.

Nutrition Facts

Serving Size 1 sandwich
Servings Per Container 4

Amount Per Serving

Calories 350

% Daily Value*

Total Fat 9g **14%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 63mg **21%**

Sodium 860mg **36%**

Total Carbohydrate 70g **23%**

Dietary Fiber 0g **0%**

Sugars 0g

Protein 28g **56%**

*Percent Daily Values are based on a 2,000 calorie diet.

