

INSTRUCTIONAL KITCHEN

Italian Cuisine

Turkey Meatballs

Serves 4

Ingredients:

- 1 lb ground turkey
- ½ cup Italian style breadcrumbs
- ½ cup parmesan cheese
- 1 tsp onion powder
- 1 tsp garlic salt
- 1 tsp Italian seasoning
- ¼ cup milk
- 1 egg

Instructions:

1. Heat oven to 425 F. Spray large cookie sheet with cooking spray (like PAM).
2. In large bowl, mix turkey, bread crumbs, cheese, onion powder, garlic salt, and Italian seasoning. Add milk and egg; mix until just combined.
3. Using a ¼ cup scoop, measure out ~15 meatballs. Place on prepared baking sheet.
4. Bake 12 to 15 minutes or until thermometer inserted in center of meatballs reads at least 165 F.

Source: <https://www.pillsbury.com/recipes/easy-turkey-meatballs/d36740f4-f885-415c-8b13-2ae945b57086>

Spaghetti Sauce

Serves 4

Ingredients:

- 3 garlic cloves minced
- 1 Tbsp extra virgin olive oil
- 1 15-oz can crushed tomatoes
- 1 15-oz diced tomatoes
- 1 tsp sugar

- 1/4 tsp kosher salt
- 1/4 tsp dried oregano
- 1/4 tsp dried parsley
- 1/4 tsp dried basil
- 1/8 tsp crushed red pepper flakes, optional
- Pepper, to taste

Instructions:

1. Heat the olive oil in a large saucepan over medium heat. Add the garlic and sauté just until it becomes fragrant, about 30 seconds.
2. Add in the crushed and diced tomatoes. Stir in the sugar, salt, oregano, parsley, basil, and crushed red pepper flakes. Add pepper to taste.
3. Bring the sauce to a simmer and cook on low for about 15 minutes or until the sauce it thickens, stirring intermittently.
4. Serve with meatballs and pasta.

Source: <https://www.wineandglue.com/easy-homemade-spaghetti-sauce-recipe/>

Parmesan Garlic Bread

Serves 6

Ingredients:

- 4 cloves garlic, minced
- 1 stick of butter, softened
- 1 loaf of french bread, cut lengthwise
- ½ tsp. Kosher salt
- 2 tbsp freshly chopped parsley
- ¼ cup grated parmesan

Instructions:

1. Preheat oven to 425F. Line a baking sheet with foil.
2. In a small bowl, mix softened butter with garlic, salt and parsley until well combined.
3. Spread cut sides of bread liberally with garlic butter. Sprinkle with parmesan
4. Bake for 10 minutes or until golden brown.
5. Enjoy!

Source: <https://www.delish.com/cooking/recipe-ideas/a24803098/easy-garlic-bread-recipe/>