

Pasta with Chicken Meatballs

served with Roasted Broccoli and Diced Peaches

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THIS DISH IS PART OF A MEAL THAT MEETS TARGET 3 SODIUM LEVELS



THIS DISH FEATURES WHOLE WHEAT PASTA!

Pasta with Chicken Meatballs

Prep Time: 5 min Total Time: 30 min Serves: 4

Ingredients

20 frozen precooked chicken meatballs, thawed

8 ounces whole wheat pasta, uncooked

16 ounces nonfat milk

4 ounces shredded cheddar cheese

4 ounces shredded mozzarella cheese

4 teaspoons garlic powder

4 teaspoons onion powder

2 teaspoons cornstarch

Directions

- 1.** Roast meatballs in a 450°F oven for 20 minutes or until the meatballs reach an internal temperature of at least 165°F.
- 2.** Meanwhile, combine pasta, milk and 16 ounces of water in a large pot. Bring to a boil and simmer, stirring occasionally, until the pasta is al dente. Remove from the heat immediately. Do not drain.
- 3.** Add both cheeses, the garlic powder, onion powder and cornstarch. Stir to combine.
- 4.** Add meatballs and toss until coated.
- 5.** Serve and enjoy!

Roasted Broccoli with Garlic

Prep Time: 10 min Total Time: 40 min Serves: 4

Ingredients

2 cups frozen broccoli florets
4 teaspoons garlic powder

Directions

- 1.** Preheat oven to 450°F. Place frozen broccoli florets in a bowl, sprinkle evenly with garlic powder and toss.
- 2.** Place broccoli on a parchment lined baking sheet.
- 3.** Roast broccoli for 20-30 minutes or until broccoli is cooked through and nicely browned.
- 4.** Serve and enjoy!

Diced Peaches

Prep Time: 5 min *Total Time: 5 min* *Serves: 4*

Ingredients

2 cups diced canned peaches
(in juice, not syrup)

Directions

- 1.** Drain liquid from diced peaches.
- 2.** Serve alongside the broccoli and pasta.