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

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!

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
Roasted Broccoli with Garlic

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

**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!

**Ingredients**

- 2 cups frozen broccoli florets
- 4 teaspoons garlic powder
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.