

## *Turkey Meatballs with Roasted Squash Pasta* from *Urban Sacred Garden*



You know me, I love my Italian comfort food and this pasta and meatballs really fits the bill. The turkey is tender and delicious and the kick of the jalapeno and spices really wakes up your taste buds. These meatballs are even better the next day, so if you're short on time you can make them in advance. Nothing like some hearty Italian to comfort you in the cool Fall season. Yield: About 6 Servings

### **INGREDIENTS**

#### **MEATBALLS:**

1 lb. Ground Turkey  
1 Small White Onion, Finely Diced  
1 Jalapeno, Finely Diced\*  
1 Cup Italian Bread Crumbs  
1 Egg  
2 Tbsp Cayenne Pepper  
2 Tbsp Paprika  
1 Tbsp Red Pepper Flake, ground  
1 Tsp Cumin  
2 Tbsp Basil  
1 Tbsp Oregano  
Fresh Ground Sea Salt  
Fresh Ground Pepper

2 Tbsp Olive Oil

#### **SQUASH:**

1 Patty Pan (or Scallop) Squash (pictured below), de-seeded and cut into Chunks  
5 Tbsp Olive Oil  
3 Tbsp Basil  
2 Tbsp Oregano  
Fresh Ground Sea Salt  
Fresh Ground Pepper  
  
1 Jar Barilla Tuscan Herb Sauce  
1 lb Pasta of choice  
Fresh Shredded Parmesan

\*These meatballs have a spicy kick, for less spice you can use 1/2 a Bell Pepper instead of Jalapeno.

### **DIRECTIONS**

1. In a large bowl use a wooden spoon to combine Turkey, Onion, Jalapeno, Bread Crumbs, Egg, Cayenne Pepper, Red Pepper Flake, Paprika, Cumin, Basil, Oregano and a little Salt and Pepper. Mix thoroughly until well combined.
2. In a large non-stick skillet heat 2 Tbsp Olive Oil. Roll Turkey mixture into one inch balls and place in oil to cook. Turn meatballs occasionally to evenly brown on all sides. Cook for about 20 minutes total. Add Tomato Sauce to pan after meatballs are mostly cooked and allow to simmer on low heat for about an hour.
3. In the meantime, preheat oven to 400 degrees. In a Pyrex baking dish (or other roasting pan) toss squash with Olive Oil, Oregano, Basil, and Salt and Pepper to taste. Place squash in the pre-heated oven for about 30 minutes until squash is cooked through. Once squash is finished roasting add it to the sauce and meatballs to simmer for a while.
4. When your sauce has about 15 minutes left bring a large pan of salted water to a boil. Add pasta to boiling water and cook for 6-8 minutes until al dente. Drain pasta in a colander.
5. Divide pasta into individual serving bowls and top with Sauce, Squash and Meatballs. Garnish with fresh Parmesan Cheese. Serve hot. Enjoy!