

SPAGHETTI AND MEATBALLS



INGREDIENTS:

- 1 lb. spaghetti, whole wheat*
- 1 lb. ground beef
- 1/3 c. bread crumbs
- 1/4 c. grated parmesan,
plus more for serving
- 1 c. mild cheddar cheese, shredded
- 1 egg
- 1 tbsp. minced garlic
- 1 tsp. salt
- 1/2 tsp. red pepper flakes
- 2 tbsp. extra-virgin olive oil
- 1/2 c. onion, finely chopped*
- 1 stalk of celery, coarsely chopped
- 2 (14.5-oz.) can diced tomatoes*
- 1 bay leaf
- Ground black pepper to taste
- 2 green onions, tops only for garnish

* Three Square item

MAKE IT:

1. In a large pot of boiling salted water, cook spaghetti, and then drain.
2. In a large bowl, combine beef with bread crumbs, parmesan, egg, garlic, 1 teaspoon salt, and red pepper flakes. Mix until just combined then form into 16 balls.
3. In a large pot over medium heat, heat oil. Add meatballs and cook, turning occasionally, until browned on all sides, about 10 minutes. Transfer meatballs to a plate. Reserve drippings for next step.
4. Add chopped onions and chopped celery to pot and cook until soft, 5 minutes. Place diced tomatoes into a food processor and pulse about 3 times. Add tomatoes and bay leaf. Season to taste with salt and pepper and bring to a simmer. Return meatballs and spaghetti to pot with sauce and cover. Simmer until sauce has thickened, 8 to 10 minutes.
5. Stir in shredded cheddar cheese before serving. Serve pasta topped with Parmesan and green onions.

COOKING YOUR PASTA

1. Bring 4 - 6 quarts of water to a rolling boil, add salt to taste. Add contents of package to boiling water. Stir gently.
2. Return to a boil. For authentic "al dente" pasta, boil uncovered, stirring occasionally for 8-10 minutes. This should be about right!
3. Remove from heat. Drain but do not rinse!

