

Italian Spaghetti and Meatballs

Servings : 8

Amount	Measure	Ingredient - Preparation Method
1	slice	white bread - crusts removed
1/3	cup	low-fat milk
1	pound	lean ground sirloin
1	tablespoon	onion - finely chopped
1	tablespoon	fresh parsley - chopped
1	each	egg
3	tablespoons	Parmesan cheese - freshly grated
1	pinch	nutmeg - freshly grated
1/2	teaspoon	salt
		freshly ground black pepper
1	cup	dry bread crumbs
2	tablespoons	vegetable oil
1	cup	diced italian tomatoes
2	cups	tomato sauce
1	pound	spaghetti

Place the bread in a heatproof bowl. Heat the milk in the microwave and pour it over the bread. Mash the bread with a fork and let cool.

In a large mixing bowl, combine the beef, onion, parsley, egg, cheese, nutmeg, salt, pepper and bread mixture. Mix everything gently and thoroughly.

Gently shape the mixture into small round balls about 1 inch in diameter. Roll the meatballs in the bread crumbs.

Heat oil over med-high heat in a skillet large enough to accomodate all the meatballs in a single layer. Add meatballs to oil and brown on all sides.

Drain excess fat from pan. Turn the heat to medium and add the tomatoes and a pinch of salt. Turn meatballs to prevent sticking. Cover skillet and cook until tomatoes have thickened, about 25 minutes.

Add tomato sauce to skillet and heat.

Cook spaghetti and toss with meatballs and sauce.