

## ***Lady and the Tramp Spaghetti & Meatballs***

### **Ingredients:**

1 pound ground sirloin

1/4 cup minced fresh onion

2 tablespoons dry breadcrumbs

1/4 teaspoon garlic salt

1/4 teaspoon pepper

1 large egg white, lightly beaten

1 (25.5-ounce) jar fat-free tomato-and-basil pasta sauce, divided

Cooking spray

5 cups hot cooked spaghetti (about 8 ounces uncooked pasta)

5 tablespoons grated Parmesan cheese

5 tablespoons chopped fresh basil

### **Preparation:**

Combine the first 6 ingredients and 2 tablespoons of pasta sauce in a medium bowl. Shape the meat mixture into 25 (1-inch) meatballs. Place a large nonstick skillet coated with cooking spray over medium heat until hot. Add the meatballs, and cook 6 minutes, browning on all sides. Stir in remaining pasta sauce. Cover, reduce heat, and simmer 10 minutes or until the meatballs are done, stirring occasionally. Serve the meatballs over spaghetti, and sprinkle with Parmesan cheese and fresh basil.

