**Spaghetti and Italian Meatballs**

Serves 4-5

**Ingredients**

Spaghetti for 4-5 5ml Italian herd seasoning

1lb (500ml) ground beef Fresh parsley

40ml bread crumbs 1 clove garlic

60ml milk 2ml salt

15ml olive oil 2ml pepper

½ diced onion 2ml red pepper flakes

1egg 15ml grated parmesan cheese

500ml tomato sauce

**Method:**

1. Preheat oven to 425 F.
2. Bring a large pot of salted water to a boil.
3. Add spaghetti and cook for 8-9 minutes, stirring occasionally until pasta is al dente, drain.
4. Cover a baking sheet with foil.
5. Soak bread crumbs in milk in a small bowl for 10 minutes
6. Heat olive oil in a skillet over medium heat. Cook and stir onions until translucent.
7. In a large bowl, mix ground beef, bread crumb mixture, egg, parsley, garlic, salt, pepper, red pepper flakes, Italian seasoning and parmesan cheese using a rubber spatula.
8. Using wet/clean hands, form meat mixture into balls about 1 ½ inches in diameter. Arrange onto prepared baking sheet.
9. Bake in the preheated oven until browned and cooked through. 15-20 minutes.
10. In a skillet, heat tomato sauce. Add meatballs and cook further. 5-10 minutes.