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County: Jasper

Age: Junior
Food Category: Main Dish

Meatball Mountain Range

Nonstick cooking spray
1 egg, lightly beaten
3 tablespoons finely chopped onion
2 tablespoons dried bread crumbs
1 tablespoon grated Parmesan cheese
1/2 teaspoon dried Italian seasoning
1/2 teaspoon salt
1/2 cup cooked brown rice
3/4 pound lean ground beef
8 ounces dried whole wheat spaghetti
1 to 2 cups large cooked broccoli florets
1/4 cup grated Parmesan cheese

Preheat oven to 350 F. Spray a 2 1/2-quart rectangular or oval baking dish with nonstick cooking spray. In a large bowl, combine egg, onion, bread crumbs, the 1 tablespoon cheese, Italian seasoning, and salt. Add rice and beef; mix well. On a piece of waxed paper, flatten meat mixture into a 1-inch-thick square. Cut the square into a grid to make 20 equal pieces.

Roll each piece into a meatball. Arrange in prepared dish and bake for about 15 minutes, or until internal temperature reached 160 F. Meanwhile, in a large saucepan, heat pasta sauce over low heat. Transfer cooked meatballs to sauce and wipe out baking dish.

Cook spaghetti according to package directions; drain. Transfer spaghetti to baking dish. Add about 1/2 cup of sauce without meatballs; toss to coat. Arrange remaining sauce and meatballs on spaghetti in center of dish. Arrange broccoli around edge to look like trees.

Loosely cover with foil and bake for 5 minutes. Top with remaining cheese and serve.

Makes 4 servings.