

Turkey Meatball Sandwiches

1 12-oz package turkey meatballs (or you can make your own)
2 C marinara sauce
add to taste any zest or spice if desired
4 top split hot dog buns toasted
1/4 C low fat blended cheese

Bring meatballs and sauce to a boil in oven or large saucepan over medium-high heat. Reduce to simmer until sauce thickens. Divide meatball mixture among the buns, sprinkle with cheese.

Serves 4

Per Serving:

376 calories
22 G protein
34 G carbohydrates
17 G fat
5 G fiber

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