This recipe was developed in partnership with **Swedish Meatballs**.
**Swedish MEATBALLS**

**MEAL PATTERN CONTRIBUTION**
- 3 M/MA
- 2 oz. grain serving

**YIELD**
- 25 Servings

**PORTION**
- 1 cup pasta
- 4 meatballs
- 3 oz. cheese sauce

**INGREDIENTS**
- Turkey Meatballs (100 each)
- LAND O LAKES® Ultimate White Cheese Sauce (4 lbs. + 11 oz.)
- Milk, fat-free (½ cup)
- Parsley, chopped (¼ cup)
- Pepper, white ground (1½ tsp.)
- Nutmeg, ground (½ tsp.)
- Worcestershire sauce (1 ½ tsp.)
- Rotini pasta, whole grain, dry (3 lbs. + 2 oz.)

**PREPARATION**
1. Heat meatballs in combi-oven at 400 °F with 40% moisture for 12 - 15 minutes until temperature is at 165 °F. (CCP)
2. Combine cheese sauce with milk, parsley, pepper, nutmeg and Worcestershire sauce and heat until a minimum of 165 °F is reached. (CCP)
3. Combine sauce and meatballs together and hold for hot service at 135 °F or higher. (CCP)
4. Follow manufacturer’s directions to prepare pasta, hold warm.
5. Portion 1 cup pasta and ladle 4 meatballs with 3 oz. cheese sauce.

**Nutrients Per Serving**
- Calories: 425 kcal
- Protein: 25 g
- Total Fat: 16 g
- Cholesterol: 60 mg
- Vitamin A: 161 IU
- Vitamin C: .87 mg
- Iron: 1.88 mg
- Calcium: 308 mg
- Sodium: 765 mg
- Dietary Fibers: 6 g