



# The Dietitian's DISH



## Kick the trend to “BLEND” up a notch!

Blending chopped mushrooms with ground meat is here to stay. It is cost-effective, full of health-protecting nutrients, moist and enhances the flavor of ground meat. Fresh portabella mushrooms are naturally low in calories, fat free, low in sodium and cholesterol free while being rich in nutrients including Vitamin B3 (Niacin) and the antioxidant Selenium. There is so much to gain and nothing to lose with this tasty way to fuel your body.



Giorgio's **BLENDABELLA** combines many of the benefits of fresh, quality mushrooms and delivers them in three regional flavor options:  
**Zesty Mexican, Coconut Thai, and Rustic Tuscan.**  
All are vegetarian friendly and naturally Gluten Free.



Transform every day recipes into a rich and flavorful experience with **BLENDABELLA!**



### Tuscan Meatballs

#### Ingredients:

- 2 pounds ground beef
- 2 cups Rustic Tuscan **BLENDABELLA**
- 2 eggs
- 1/2 cup breadcrumbs

#### Directions:

1. Preheat oven to 400 degrees.
2. Combine ground beef, 2 cups of **BLENDABELLA**, eggs and breadcrumbs in a medium bowl. Mix together with your hands until well-combined.
3. Form the meat mixture into 1 to 1 1/2-inch meatballs and place on a clean plate.
4. In a large cast iron skillet over medium-high heat, warm the olive oil. Once hot, sear the meatballs on all sides, approximately 1 minute per side.
5. Remove from heat and place in the oven. Bake for 20 minutes.
6. Bring a large pot of salted water to a boil. Cook pasta according to package instructions.
7. While the meatballs and pasta are cooking, in a large, straight-sided skillet over medium heat, warm the oil for the sauce. Add garlic and cook until just lightly golden.
8. Stir in tomatoes and **BLENDABELLA**. Bring sauce to a simmer and cook until sauce is thick and tomatoes have mostly fallen apart, about 15 minutes. Mash the tomatoes up with the back of a wooden spoon to help break them down. Keep sauce warm until ready to serve.
9. Serve meatballs over pasta with plenty of sauce. Garnish with freshly chopped basil.

- 1/2 cup extra virgin olive oil
- 2 cloves garlic, minced
- 1 can (28 oz.) whole tomatoes
- 2 cups Rustic Tuscan **BLENDABELLA**
- 1 pound Pasta
- Freshly chopped basil