



Spaghetti & Meatballs



Ideal for ages 3-10



25-Minute Meal

INGREDIENTS

Per Child Serving

- ½ cup cooked spaghetti noodles
- ¼ cup marinara sauce
- 1-2 mini meatballs
- 1 tbsp shredded mozzarella or parmesan cheese

Per Adult Serving

- 1 cup cooked spaghetti noodles
- ½ cup marinara sauce
- 2 meatballs, halved or whole
- 2 tbsp shredded cheese

Optional Add-Ins

Protein

- Ground turkey or beef
- Plant-based meatballs
- Grilled chicken strips
- Grilled Italian sausage

Veggies

- Chopped spinach
- Sautéed mushrooms
- Diced zucchini
- Kidney beans
- Black or green olives
- Cherry tomatoes

To bring Maestro to life, arrange the spaghetti noodles along the top of the plate to look like his wavy blonde hair. Position the meatballs on his face as eyes or cheeks, and spoon sauce and shredded cheese just above the noodles to resemble his chef's hat.

Maestro Spaghetti & Meatballs

Cook the Pasta

Boil water and cook spaghetti noodles according to package directions. Drain and toss with a little olive oil if desired.

Sauté the Veggies (Optional)

In a small skillet, sauté chopped veggies (like spinach, zucchini, or mushrooms) in olive oil for 3-4 minutes.

Set aside for creative plating – offer a few to your child in a fun shape or tiny portion. Let them explore it, no pressure!

Maestro Marinara

Use our homemade Maestro Marinara recipe or heat store-bought.

Maestro Meatballs

Make Maestro Meatballs using our recipe or heat pre-cooked.



Adult Vibe



Kid Vibe

Plate it!

Place the Maestro Meatball printable under a clear plate.

- Spaghetti = Maestro's hair
- Sauce & cheese = his chef hat
- Mini meatballs = eyes (and cheeks!)

Sidekick Ideas

- Apple slices & cheese stick
- Mini corn on the cob
- Yogurt cup or smoothie

Maestro Meatballs

Parent Tip: You can sneak in veggies like grated zucchini or mashed beans for extra nutrition, just blend them right into the meatball mix before cooking!

Ingredients

- 1 lb ground beef or turkey
- ¼ cup breadcrumbs (or GF Panko for gluten-free version)
- 1 egg
- 2 tbsp grated parmesan
- 1 tsp Italian seasoning
- ½ tsp garlic powder
- Salt & pepper to taste

Instructions

- Preheat oven to 400°F (205°C).
- In a large bowl, mix all ingredients until just combined.
- Roll into small 1-inch balls and place on a lined baking sheet.
- Bake for 15-18 minutes or until browned and cooked through.
- Let cool and store extras in the fridge or freezer.



Make Mini's for Kiddos

Don't want to use the oven? You can easily cook these mini meatballs in a skillet! Just heat a little olive oil in a pan over medium heat, add the meatballs, and cook for about 6-8 minutes, turning to brown all sides. Once they're golden and fully cooked through, they're ready to plate or simmer in sauce.

Store bought meatballs can be used. To avoid processed food prepare food mostly from scratch, freeze for future use.

Maestro Marinara

Store bought marinara can be used. Avoid selecting suace that is high in sugar and/or sodium.

Ingredients

- 1 tablespoon olive oil
- 2 cloves garlic, minced
- 1 (14-15 oz) can crushed tomatoes (or use whole peeled, crushed by hand)
- ½ teaspoon salt
- ½ teaspoon dried oregano
- Pinch of sugar (optional, balances acidity)
- Optional: fresh basil or parsley, chopped

Instructions

- Sauté the garlic:
- In a small saucepan, heat olive oil over medium heat.
- Add minced garlic and sauté for 30-60 seconds, until fragrant (don't let it brown).
- Add tomatoes and seasoning:
- Pour in crushed tomatoes. Stir in salt, oregano, and a pinch of sugar if desired.
- Simmer:
- Lower heat and let the sauce simmer uncovered for 15-20 minutes, stirring occasionally, until slightly thickened.
- (Optional) Blend for picky eaters:
- For a smoother sauce, use an immersion blender or standard blender once the sauce has cooled slightly.
- Stir in chopped basil or parsley just before serving if using.



Kitchen Jobs for Kids



Ages 3-4

- Place spaghetti on the plate for Maestro's "hair"
- Add shredded cheese as his "chef hat"
- Help spoon sauce onto the plate with adult guidance
- Match meatballs to Maestro's eyes or cheeks

Ages 5-6

- Tear spinach or basil leaves (for garnish or sneaky veggie boost!)
- Use a kid-safe knife to slice soft veggies like olives or tomatoes
- Arrange all parts of Maestro's face with adult spotting

Ages 7-10

- Measure ingredients for meatballs or sauce
- Stir ingredients gently under adult supervision
- Help roll mini meatballs if making from scratch
- Decorate Maestro using creativity (e.g., veggie bowtie!)