

meatball hoagies

Serves: 4

Prep and Cook time: 15 min

Per serving: 807 calories, 46 g fat, 927 mg sodium

24 already-cooked meatballs, defrosted if frozen

1 cup finely shredded mozzarella cheese

4 hoagie rolls

1 1/2 cups bottled smooth-style spaghetti sauce

1. Preheat the broiler to high.
2. Place the meatballs in a microwave-safe container, cover them with a paper towel, and microwave on high power until heated through, 3 to 4 minutes. Set aside.
3. Pour the spaghetti sauce into a microwave-safe container, cover with a paper towel, and microwave on high power until heated -through, about 4 minutes, stirring once halfway through. Set aside.
4. Cut the hoagie rolls in half and lightly toast them under the broiler, 1 to 2 minutes.
5. Place both halves of a roll, toasted side up, on each of four plates, and arrange 6 meatballs on one of the halves. Spoon some sauce over the meatballs and then sprinkle 1/4 cup of the cheese evenly over the sauce. (The heat from the sauce will melt the cheese.) Close the sandwiches and serve.

Vary It! Meatball Hoagies can be great ways to hide veggies! Top your sandwiches with sautéed mushrooms, green peppers, and caramelized onions.

