



## Meatball-Parmesan Heros

**Prep: 10 minutes**

**Cook: 20 minutes • Serves: 4**

- 2 cups pizza sauce
- 32 frozen Italian style meatballs (½ ounce each)
- Nonstick cooking spray
- 1½ cups sliced green and/or red bell peppers
- 1 cup sliced yellow onion
- 4 (6-inch) hoagie or sub buns
- ¾ cup shredded Mozzarella and/or Parmesan cheese

**1.** Heat sauce and meatballs in large skillet to simmering over medium-high heat. Reduce heat to low and cook 15 to 20 minutes longer or until meatballs are heated through, stirring occasionally.

**2.** Meanwhile, spray second large skillet with cooking spray. Cook bell peppers and onion over medium-high heat 5 to 6 minutes or until peppers are tender-crisp and lightly browned.

**3.** Slice buns lengthwise in half but do not cut all the way through buns. Spoon meatballs and sauce into each bun. Sprinkle with cheese and evenly divide pepper-onion mixture over cheese.

*Approximate nutritional values per serving:*

*647 Calories, 37g Fat (16g Saturated), 80mg Cholesterol, 2085mg Sodium, 55g Carbohydrates, 4g Fiber, 33g Protein*