



Doggone Good Spaghetti Squash & Meatballs



1/4th of recipe (about 1 1/4 cups squash with 5 saucy meatballs): 381 calories, 12.5g total fat (6g sat. fat), 800mg sodium, 27g carbs, 6g fiber, 11g sugars, 39.5 protein

Prep: 10 minutes **Cook:** 1 hour and 5 minutes

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Ingredients

Spaghetti Squash

1 spaghetti squash (about 4 lbs.)

Meatballs

1 lb. raw extra lean ground beef (4% fat or less)
1/3 cup grated carrot
1/4 cup whole-wheat panko breadcrumbs
1/4 cup egg whites (about 2 large eggs' worth)
1/4 cup peeled and grated Fuji or Gala apple, thoroughly blotted dry
3 tbsp. grated Parmesan cheese
1 tsp. dried parsley
1/8 tsp. cinnamon

Sauce

2 cups canned crushed tomatoes
1/2 cup grated Parmesan cheese
1 tbsp. dried basil
2 tsp. dried parsley
Optional seasonings: salt and black pepper

Directions

Preheat oven to 400 degrees.

Spray a baking sheet with nonstick spray.

Microwave squash for 6 minutes, or until soft enough to cut.

Once cool enough to handle, halve lengthwise; scoop out and discard seeds.

Fill a large baking pan with 1/2 inch water, and place squash halves in the pan, cut sides down. Bake until tender, about 40 minutes.

Meanwhile, in a large bowl, combine all meatball ingredients. Mix thoroughly. Evenly form into 20 meatballs and place on the baking sheet, evenly spaced.

Remove pan from oven but leave oven on.

Reduce oven temperature to 350 degrees.

Bake meatballs for 10 minutes.

Gently flip meatballs, and bake until cooked through, about 5 minutes.

Use a fork to scrape out spaghetti squash strands. Place in a strainer to drain excess moisture. Thoroughly blot dry, removing as much moisture as possible. Roughly chop for shorter noodles.

Bring a medium pot sprayed with nonstick spray to medium low heat. Add sauce ingredients. Cook

and stir until hot and uniform, about 4 minutes.

Toss meatballs in sauce, and serve over spaghetti squash.

Let cool slightly before serving.

MAKES 4 SERVINGS

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