



Spaghetti Swap & Meatballs



1/2 of recipe (2 cups squash with about 3/4 cup sauce and 3 meatballs): 327 calories, 6g total fat (2g sat. fat), 775mg sodium, 45g carbs, 9g fiber, 19g sugars, 26g protein

Prep: 20 minutes **Cook:** 1 hour



Ingredients

Spaghetti

1 spaghetti squash (about 4 1/2 lbs.)

Meatballs

6 oz. raw extra-lean ground beef
2 tbsp. fat-free liquid egg substitute
1 tsp. dried parsley
1/2 tsp. chopped garlic
1/8 tsp. each salt and black pepper

Sauce

1/2 cup finely diced onion
1/2 cup finely diced carrot
1 tsp. chopped garlic
1 1/2 cups canned crushed tomatoes
1/4 cup chopped fresh basil
2 tbsp. tomato paste
1 tsp. Italian seasoning
1/4 tsp. red pepper flakes, or more to taste
1/4 tsp. ground cumin
4 tsp. reduced-fat Parmesan-style grated topping

Directions

Preheat oven to 400 degrees.

Microwave squash for 3 to 4 minutes, until soft enough to cut. 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.

Spray a baking sheet with nonstick spray.

Thoroughly mix meatball ingredients in a large bowl. Evenly form into 6 meatballs and place on the baking sheet, evenly spaced. Bake until just cooked through, about 10 minutes.

Use a fork to scrape out squash strands. Place in a strainer to drain excess moisture. Blot dry, if needed. Transfer to another large bowl and cover to keep warm.

Bring a medium pot sprayed with nonstick spray to medium-high heat. Cook and stir onion and carrot until slightly softened, 6 to 8 minutes. Add garlic and cook until fragrant, 1 to 2 minutes. Add all remaining sauce ingredients except Parm-style topping; stir to combine. Add meatballs and bring sauce to a low boil. Reduce heat to low. Gently stirring occasionally, simmer until veggies have softened and meatballs are hot, about 8 minutes.

Add sauce to spaghetti strands and stir to coat. Serve topped with meatballs and Parm-style topping!

MAKES 2 SERVINGS

We may receive affiliate compensation from some of these links. Prices and availability are subject to change.

We may have received free samples of food, which in no way influences whether these products are reviewed favorably,

unfavorably, mentioned with indifference, or mentioned at all. Click for more about our [editorial](#) and [advertising](#) policies.
*The WW Points® values for these products and/or recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by WW International, Inc., the owner of the Points® trademark.

Questions on the WW Points® values listed? [Click here.](#)

Hungry Girl provides general information about food and lifestyle. This information and any linked materials are not intended and should not be construed as medical advice, nor is the information a substitute for professional medical expertise or treatment. [Click here](#) for more information.

Publish Date: October 16, 2012

Author: Hungry Girl

Copyright © 2023 Hungry Girl. All Rights Reserved.