



# MEATBALLS AND SPAGHETTI SQUASH

## ingredients:

- 1 large spaghetti squash
- 1 pound ground turkey
- 1/2 pound ground round
- 2 eggs
- 1 slice whole wheat bread, torn into small pieces
- 1/4 cup grated parmesan cheese
- 1 small onion, finely chopped
- 1 10-ounce box frozen chopped spinach, thawed, excess moisture squeezed out
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 1/2 teaspoon ground fennel
- 2 Tablespoons olive oil
- 2 cloves garlic
- 1 Tablespoon tomato paste
- 2 15-ounce cans crushed tomatoes
- 2 Tablespoons Italian seasoning

## directions:

1. Preheat oven to 375°.
2. Cut squash in half lengthwise, scoop out seeds and place cut side down on a baking sheet. Bake until cooked through, about 30 to 45 minutes. When cool enough to handle, use a large spoon or fork to scrape the strands from the skin. Set strands aside and discard the skin.
3. While the squash is baking, prepare the meatballs and sauce. In a large bowl, whisk the eggs and add the bread. Add turkey, beef, cheese, onion, spinach, salt, pepper and ground fennel. Stir to combine.
4. Form mixture into similar sized meatballs (2-inch sized makes about 24 total).
5. Heat oil in a large sauce pot. Carefully add meatballs and turn to brown evenly. Cook in batches if needed. Remove the meatballs from the pot.
6. In the same pot, sauté garlic over medium heat until fragrant. Add tomato paste and sauté additional 3 to 5 minutes. Add in crushed tomatoes and Italian seasoning. Stir to combine. Bring to a boil, then reduce to medium heat and add the meatballs back in. Simmer sauce with meatballs until they are cooked through, about 15-30 minutes depending upon their size.
7. Serve over spaghetti squash.

Yield: 6 servings

## Nutrition Information Per Serving:

375 Calories  
12 grams Fat  
2.5 grams Saturated Fat  
73 mg Cholesterol  
536 mg Sodium  
29 grams Carbohydrates  
3 grams Sugar  
2 grams Fiber  
41 grams Protein

Food exchange: 1 bread,  
3 vegetable, 5 lean protein



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