

Spaghetti Squash & Meatballs



Prep time: 45 minutes

Cook time: 45 minutes

Ingredients:

1. 1 3-pound spaghetti squash
2. 2 TBSP extra-virgin olive oil, divided
3. 2 TBSP water
4. ½ cup chopped fresh parsley, divided
5. ½ cup finely shredded Parmesan cheese, divided
6. 1 ¼ tsp. Italian seasoning, divided
7. ½ tsp. onion powder
8. ½ tsp. salt, divided
9. ½ tsp. freshly ground pepper
10. 1 pound 93%-lean ground turkey
11. 4 large cloves garlic, minced
12. 1 28-ounce can no-salt-added crushed tomatoes
13. ¼ - ½ tsp. crushed red pepper

Directions:

1. Halve squash lengthwise and scoop out the seeds. Place face down in a microwave-safe dish; add water. Microwave, uncovered, on high until the flesh can be easily scraped with a fork, 10 to 15 minutes.
2. Heat 1 TBSP oil in a large skillet over medium-high heat. Scrape the squash flesh into the skillet and cook, stirring occasionally, until the moisture is evaporated and the squash is beginning to brown, 5 to 10 minutes. Stir in ¼ cup parsley. Remove from heat, cover and let stand.
3. Meanwhile, combine the remaining ¼ cup parsley, ¼ cup Parmesan, ½ tsp. Italian seasoning, onion powder, ¼ tsp. salt and pepper in a medium bowl. Add turkey; gently mix to combine (do not over mix). Using about 2 TBSP each, form into 12 meatballs.

4. Heat the remaining 1 TBSP oil in a large nonstick skillet over medium-high heat. Add the meatballs, reduce heat to a medium and cook, turning occasionally, until browned all over, 4 to 6 minutes. Push the meatballs to the side of the pan, add garlic and cook, stirring, for 1 minute. Add tomatoes, crushed red pepper to taste, the remaining $\frac{3}{4}$ tsp. Italian seasoning and $\frac{1}{4}$ tsp. salt; stir to coat the meatballs. Bring to a simmer, cover and cook, stirring occasionally, until the meatballs are cooked through, 10 to 12 minutes more.
5. Serve the sauce and the meatballs over the squash, sprinkled with the remaining $\frac{1}{4}$ cup Parmesan.

Nutrition Facts

Per Serving: 4 servings

Calories	409
Net Carbs	31g
Total Fat	18g
Protein	32g