



SPAGHETTI SQUASH & MEATBALLS

PREPPING TIME: 15 MIN

COOKING TIME: 1 HR 45 MIN

INGREDIENTS

1 Large Spaghetti Squash
2 Cups Spaghetti Sauce
1 Pound Ground turkey
1 Egg
1-3 Cloves Garlic cloves
(chopped)
1/2 Cup Bread Crumbs
1 Tablespoon Onion
powder
1/2 Teaspoon Salt
1/2 Teaspoon Pepper

DIRECTIONS

1. Stab spaghetti squash with a knife all over.
2. Place squash in oven safe dish and into pre-heated oven at 400 degrees for 1hr 15min. (Cook shorter for harder squash "noodles" or longer for softer "noodles")
3. After 1 hour of cooking, mix ground turkey, egg, garlic, bread crumbs, onion powder, salt & pepper together until consistent. Shape into 1" balls and place on lightly greased OR non-stick baking sheet at least 1" apart.
4. After 1hr 15 mins, remove spaghetti squash from oven to cool and replace with baking sheet/sheets.
5. Cook meatballs (400 degrees) for 20-30 minutes based on size of meatball. (Cut through to check for doneness- should be spongy, not slimy)
6. Warm spaghetti sauce in saucepan over medium heat.
7. Cut open spaghetti squash lengthwise. Scoop out seeds and middle "goop".
8. Take a fork and scrape squash widthwise down to the rind to release layers of squash "noodles".