

Eat Smart • Move More

Spaghetti Squash and Meatballs

Prep Time: 25 minutes

Total Time: 45 minutes



Ingredients

- 1 pound lean ground beef
- 1 tablespoon dried basil
- 1 tablespoon dried parsley
- 1 tablespoon dried thyme
- ½ teaspoon ground black pepper
- ¼ teaspoon salt
- 14 ounces canned no salt added tomato sauce
- Nonstick cooking spray
- 1 spaghetti squash, cooked

Directions

- Combine ground beef, ½ tablespoon each of basil, parsley, and thyme, and ¼ teaspoon black pepper, and ⅛ teaspoon salt to a mixing bowl. Shape the mixture into bite-sized meatballs.
- Spray a skillet with nonstick cooking spray and cook meatballs over medium heat for 3-4 minutes.
- Flip meatballs and add the tomato sauce and remaining seasonings. Let simmer in the sauce.
- Once the meatballs are fully cooked, serve over noodles and remaining sauce. NOTE: Spaghetti squash has a high water content and can make your dish watery. If you prefer less watery noodles, try adding the squash strands to your sauce while cooking or drain off excess moisture once the spaghetti squash has cooled after cooking.

Nutrition Facts

12 servings per container	
Serving size	1 serving
	(268.93g)
Amount per serving	
Calories	140
% Daily Value*	
Total Fat 5g	6%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 25mg	8%
Sodium 125mg	5%
Total Carbohydrate 15g	5%
Dietary Fiber 4g	14%
Total Sugars 6g	
Includes g Added Sugars	
Protein 10g	
Vitamin D 0mcg	0%
Calcium 60mg	4%
Iron 2.3mg	15%
Potassium 450mg	10%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Quick Tips

- ▶ To cook the spaghetti squash:
Bake spaghetti squash at 350°F for 30-40 minutes, or until tender. Cool until you can handle. Using a fork, scrape the flesh to create “noodles”.
- ▶ Spaghetti squash is a good pasta alternative to help make ½ your plate fruits and veggies!

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(Recipe adapted from: <https://paleomg.com>.)

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