



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

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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

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Publish Date: October 16, 2012

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