



Squash Spaghetti

Pasta Ingredients:

- 1 spaghetti squash
- 8 ounces angel hair pasta
- 3 cups pasta sauce
- 12 lean turkey meatballs (recipe below)
- 2 tablespoons freshly-grated Parmesan cheese
- Fresh basil

Meatball Ingredients:

- 1 pound lean ground turkey, very cold
- 2 eggs
- 2 tablespoons tomato paste
- 1/4 cup Panko or plain bread crumbs
- 1 tsp garlic powder
- 1 tsp black pepper
- 1 tsp Italian seasoning
- Dash paprika

Meatball Directions:

1. Combine the turkey, eggs, tomato paste, bread crumbs, and seasonings in a large bowl and mix well.

2. Form into 12 balls and bake them on a nonstick pan in a 385 degree oven until they are done, about 20 minutes.
3. Remove from pan and place in heated pasta sauce.

Pasta Directions:

1. Pierce a spaghetti squash in several places with a fork or knife and remove any paper labels on the squash. Place the spaghetti squash in the microwave for 3 minute intervals and cook for 6-9 minutes or until soft.
2. Allow the squash to cool.
3. Cut in half, remove and discard seeds. Scrape out the squash into a bowl.
4. Meanwhile cook the angel hair pasta according to package directions. Drain in colander.
5. Heat the pasta sauce with the meatballs.
6. Assemble the dish as pictured above. Place the spaghetti squash in the center of the bowl then surround it with the cooked angel hair pasta, meatballs, and sauce.