

Turkey Meatballs and Spaghetti Squash

Spaghetti Squash By Iowa Girl Eats

Turkey Meatballs by Tastefully Healthy

Adapted by Brianne's Whole30

Ingredients (serves 4)

- 2 medium-sized spaghetti squash
- olive oil
- salt & pepper
- 1 cup Trader Joe's marinara sauce
- 1lb prepared meatballs (see below)

Spinach Turkey Meatballs

- 1 lb ground turkey
- 1 egg
- ½ onion, chopped
- 10 spinach leaves, chopped
- 1-2 Tbs fresh parsley
- 1 tsp garlic powder
- 1 tsp paprika
- Fresh ground pepper to taste

Instructions:

- Preheat oven to 375.
- Beat the egg in a bowl. Add remaining ingredients and mix 'em good.
- Spoon out in equal portions onto a cookie sheet lined with tinfoil or parchment paper.
- Bake at 375 for 20 minutes. Turn after 10 minutes and return to oven.
- Once meatballs are done and removed from oven, turn oven up to 400 degrees.
 - Pierce the center of the spaghetti squash several times on all sides with a small, sharp knife then microwave for 1 minute, flipping once. Cut spaghetti squash in half lengthwise with a very sharp knife, then remove seeds with a spoon. Lay halves cut side up on a foil-lined, non-stick sprayed baking sheet then brush with oil and season liberally with salt & pepper. Roast for 30-40 minutes, or until a knife inserted into the thickest part of the squash meets no resistance. Let cool for 10 minutes.
 - When squash is cool enough to handle, scrape flesh every which way with a fork to loosen and fluff strands. Top with 4 hot meatballs, and 1/4 cup sauce.
 - Enjoy!