

Carrot & Kale 'Veggieballs' Over Spaghetti Squash

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10/23/18 - Sun 0 degrees Scorpio - Moon 21 degrees Aries

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### Carrot & kale 'veggie balls' Ingredients:

- ❖ 2 cups pulp from ~5 carrots & 1 med sized head of kale
- ❖ 2 green onions, diced
- ❖ ¼ cup cilantro
- ❖ ¼ cup flax meal
- ❖ ½ cup water
- ❖ ½ cup [vegan parmesan cheese](#)  
- [see recipe](#)
- ❖ 1 tsp oregano
- ❖ 1 tsp parsley
- ❖ ½ tsp herbs de Provence
- ❖ ½ tsp garlic
- ❖ ½ tsp cumin
- ❖ 5 drops liquid smoke
- ❖ 1 Tbsp Worcestershire sauce
- ❖ fresh ground salt and pepper to taste



### Spaghetti & Sauce Ingredients:

- ❖ 1 spaghetti squash
- ❖ 1 >8oz jar spaghetti sauce
- ❖ 2 cups broccoli
- ❖ 1 cup Italian yellow squash, diced
- ❖ 1 cup zucchini, diced
- ❖ 1 can garbanzos, drained and rinsed
- ❖ 1 cup mushrooms, diced
- ❖ ½ cup bell pepper, diced
- ❖ ½ cup whole pitted kalamata olives
- ❖ 2 Tbsp olive oil
- ❖ 1 small yellow onion, diced
- ❖ 2 cloves garlic, minced
- ❖ 2 Tbsp lemon juice (~½ lemon)
- ❖ 2 Tbsp balsamic vinegar
- ❖ fresh ground salt and pepper to taste



Optional Side: [Chzy Garlic Bread](#)



## Spaghetti Squash Method:

1. Preheat oven to 350 F.



2. Cut squash in  $\frac{1}{2}$  lengthwise. Take out the seeds w/a spoon. Add water to a baking dish & put the squash in face up. Rub a little olive oil on the entire inside surfaces of the squash. Add fresh ground salt and pepper & any other spices or herbs you'd like.



3. Cook for 30 min at 350 F & check with a fork for tenderness. When the fork goes in with little to no effort, it is ready.
4. Use a fork to pull the strands of the squash in strokes that go perpendicular to the length of the squash...the strands of the vegetable will resemble spaghetti noodles!



5. If you are making fresh garlic bread to go with this recipe, leave your oven on!

### Carrot & Kale “Veggieballs” Method:

1. Line a baking sheet w/a [Silpat](#), parchment paper, or a high temp oil like grapeseed.
2. Make “[flax eggs](#)” by mixing  $\frac{1}{4}$  cup flax meal &  $\frac{1}{2}$  cup water to a small dish. Use a fork to whisk it together until the flax has been saturated with water. Set aside.



3. Add the following ingredients to a large mixing bowl.

- 2 cups pulp from ~5 carrots and 1 med sized head of kale
- 2 green onions, diced
- $\frac{1}{4}$  cup cilantro
- $\frac{1}{2}$  cup [vegan parmesan cheese](#) - [see recipe](#)
- 1 tsp oregano
- 1 tsp parsley
- $\frac{1}{2}$  tsp herbs de Provence
- $\frac{1}{2}$  tsp garlic
- $\frac{1}{2}$  tsp cumin
- 5 drops liquid smoke
- 1 Tbsp Worcestershire sauce
- fresh ground salt and pepper to taste



4. Add the flax eggs to the veggie mix & use your hands to mix & incorporate all ingredients.



5. Roll ~2" thick balls of the mixture between your hands & lay them on your lined or lightly greased baking sheet.



6. Cook for 15 min at 350 then flip/roll & cook another 15 min - make sure to keep an eye on them though! It just depends on your oven & the moisture of the veggies prior to adding the liquids.



### Spaghetti Sauce Method:

1. Add the following ingredients to a stockpot:
  - 2 Tbsp olive oil
  - 2 cloves garlic, minced
  - 1 small yellow onion, diced
  - fresh ground salt and pepper to taste
2. When the onions are translucent ~5 min, add 2 Tbsp balsamic vinegar & let it simmer on low for ~1-2 min.
3. Then add the following ingredients & then cover & let simmer for ~5 min:
  - 1 cup mushrooms, diced
  - ½ cup bell pepper, diced
  - 2 cups broccoli
  - 2 cups Italian yellow squash, diced
  - 1 can garbanzos, drained and rinsed
  - 2 cups zucchini, diced
  - ½ cup whole pitted kalamata olives, diced



4. Add 2 >8oz jar spaghetti sauce & stir well allow to simmer together on low for ~10 min.



5. If you wanted to serve this dish with fresh garlic bread, now would be the perfect time to pop it in the oven for a min to crisp up & be nice & warm with dinner!



### Plating:

Add the spaghetti squash noodles to a bowl/plate and then add the Carrot & Kale “Veggieballs” to the top. Spoon a few large spoonfuls of the spaghetti sauce to cover everything! Add a few sprinkles of vegan parm cheese to the top & a side of garlic bread & INJOY!

