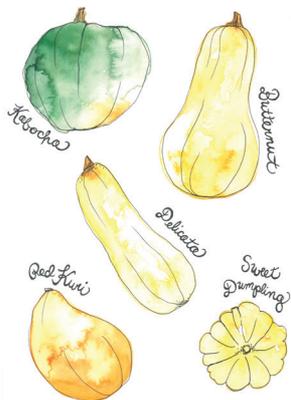




December WINTER SQUASH



EatingWell

SPAGHETTI SQUASH & MEATBALLS

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Spaghetti Squash & Meatballs

ACTIVE: 45 MIN TOTAL: 45 MIN

1 3-lb. spaghetti squash	1/2 tsp. onion powder
2 Tbsp. water	1/2 tsp. salt, divided
2 Tbsp. extra-virgin olive oil, divided	1/2 tsp. ground pepper
1/2 cup chopped parsley, divided	1 lb. 93%-lean ground turkey
1/2 cup finely shredded Parmesan cheese, divided	4 large cloves garlic, minced
1 1/4 tsp. Italian seasoning, divided	1 28-oz. can no-salt-added crushed tomatoes
	1/4-1/2 tsp. crushed red pepper

1. Halve squash lengthwise and scoop out the seeds. Place facedown in a microwave-safe dish; add water. Microwave, uncovered, on High until the flesh can be easily scraped with a fork, 10 to 15 minutes.
2. Heat 1 tablespoon oil in a large skillet over medium-high heat. Scrape the squash flesh into the skillet and cook, stirring occasionally, until the moisture is evaporated and the squash is beginning to brown, 5 to 10 minutes. Stir in 1/4 cup parsley. Remove from heat, cover and let stand.
3. Meanwhile, combine the remaining 1/4 cup parsley, 1/4 cup Parmesan, 1/2 teaspoon Italian seasoning, onion powder, 1/4 teaspoon salt and pepper in a medium bowl. Add turkey; gently mix to combine (do not overmix). Using about 2 tablespoons each, form into 12 meatballs.
4. Heat the remaining 1 tablespoon oil in a large nonstick skillet over medium-high heat. Add the meatballs, reduce heat to medium and cook until browned all over, 4 to 6 minutes. Push the meatballs to the side of the pan, add garlic and cook, stirring, for 1 minute. Add tomatoes, crushed red pepper to taste, the remaining 3/4 teaspoon Italian seasoning and 1/4 teaspoon salt; stir to coat the meatballs. Bring to a simmer, cover and cook, stirring occasionally, until the meatballs are cooked through, 10 to 12 minutes more.
5. Serve the meatballs over the squash with the remaining 1/4 cup Parmesan.

SERVES 4: 3/4 CUP SQUASH, 3/4 CUP SAUCE & 3 MEATBALLS EACH

Calories 409, Fat 18g (sat 5g), Cholesterol 74mg, Carbs 31g, Total sugars 14g (added 0g), Protein 32g, Fiber 8g, Sodium 581mg, Potassium 1,233mg.