



### *Ingredients:*

- 1 Spaghetti Squash
- 1 teaspoon Olive oil
- Tomato Sauce (whatever is your favorite or use recipe, below)
- 1/4 teaspoon salt



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Start by heating up your favorite tomato sauce in a large stock pot, over medium heat. (see recipe below)

Slice squash in half (lengthwise) and pull out seeds. (Don't throw them out, you can roast these at a later time, just add 1 teaspoon olive oil, salt and roast until golden brown.)

Rub olive oil and salt to taste all over the flesh side of the squash you have cut in half. Place flat side down on a roasting tray and place in a 450° oven for 20 minutes until the flesh of the squash is fork tender. Take out of the oven and allow to cool.



### Ingredients:

- 1.5 lbs lean ground turkey (you can use, beef, pork or veal...whatever you have, it's the same recipe)
- 1 egg beaten
- ¾ cup of Italian flavored bread crumbs
- ¼ cup of minced fresh parsley  
approx ¼ cup of grated parmesan cheese
- salt to taste (approx ¼ teaspoon)



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Use a bowl big enough to hold and mix all ingredients.

Add ground turkey to the bowl first, followed by the egg, and then the rest of the ingredients. Use your hands to mix everything together really well.

Grab a dollop of the meat mixture (approximately 1.5 oz or 3 tbsp.) and roll between your palms until a uniformly round meatball is created. Repeat this until all the meat is made into meatballs. Place all the meatballs one by one into the tomato sauce you have cooking on the stove. Give a gentle stir occasionally so the meatballs don't stick to the bottom of the stock pot. In 20 minutes, your meatballs will be cooked through.

Take your cooked spaghetti squash and scrape out the flesh with a fork, you will see that the spaghetti squash is stringy, forming "spaghetti noodles" as you scrape. Discard the hard outer shell.

In a bowl serve, 1 heaping serving of spaghetti squash followed by a dollop of tomato sauce and 2 meatballs. Add parmesan cheese to taste. Enjoy folks, this is a new twist on a family favorite! This is one everyone's going to LOVE!