

# Food Babe's Spaghetti Squash with Turkey Meatballs



Prep Time:	Cook Time:	Total Time:	Serves:
10 mins	45 mins	55 mins	4

<https://foodbabe.com/turkey-meatballs-with-spaghetti-squash>

## Ingredients:

- 1 spaghetti squash
- 1 pound ground turkey
- ¼ teaspoon dried oregano
- ¼ teaspoon garlic powder
- ¼ teaspoon dried rosemary
- ¼ teaspoon dried thyme
- ¼ teaspoon dried sage
- ½ teaspoon sea salt
- 1 pinch black pepper, to taste
- 1 egg, beaten
- 1 16 oz can tomato sauce
- ½ cup raw parmesan cheese, shredded

## Instructions:

1. Preheat oven to 350° F.
2. Slice spaghetti squash in half and remove all seeds with spoon.
3. Place spaghetti squash face down on large baking sheet, add ½ cup water and cover with foil
4. Cook spaghetti squash for 45 minutes.
5. While spaghetti squash is cooking, mix together remaining ingredients (except cheese) in a large bowl.
6. Make 2 tbsp size meatballs with hands and place on a greased cookie sheet
7. Bake for 20 minutes (along side the spaghetti squash) (turning half way through).
8. Remove turkey meatballs from oven, and place into a pan with sauce, warm sauce thoroughly.
9. Remove spaghetti squash and scrap insides.
10. Place spaghetti squash in a bowl and pour sauce and meatballs on top.
11. Sprinkle with parmesan cheese and enjoy!

## Notes:

- Please choose all organic ingredients if possible