

Microwave Spaghetti Squash With Meatballs

Makes 4 servings

Ingredients

1 pound extra-lean (97% lean) ground beef
 21 low-sodium saltine crackers, crushed
 ½ cup water
 ¼ cup chopped fresh parsley
 1 teaspoon garlic powder, divided
 1 large egg

½ teaspoon freshly ground black pepper
 1 30-ounce can no-salt-added tomato sauce
 1 tablespoon dried Italian seasoning
 2 cloves garlic, minced
 1 4-pound spaghetti squash
 1 tablespoon extra-virgin olive oil

Directions

- In a medium bowl, combine ground beef, crushed crackers, water, parsley, ½ teaspoon garlic powder, egg and black pepper. Use your hands (wearing gloves or wash them well) to mix ingredients together. Form into 16 meatballs and place in a 9-by-13-inch pan.
- In another bowl, combine tomato sauce, Italian seasoning and minced garlic. Stir. Pour over meatballs and cover pan with plastic wrap. Microwave on 70 percent power for 12 minutes or until a cooking thermometer inserted into the center of a meatball reaches 165 F. Remove from microwave and set aside (keep covered).

(directions continued on back)



MAIN DISH



Directions (continued)

- While meatballs are cooking, cut the squash in half and scoop out the seeds. (Throw away or compost the seeds.) Coat the inside of each squash half with oil and sprinkle with remaining garlic powder. Cover cut portion of squash with plastic wrap and cook in the microwave on high power for 10 to 15 minutes.
- Remove plastic and use a fork to scrape out the inside of the squash to make strands (like spaghetti noodles). Place 1 ½ cups of squash with 1 cup of sauce and 4 meatballs in each bowl. Enjoy!

= low sodium

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Nutrition Facts

Serving Size 1 1/2 cup spaghetti squash, 1 cup sauce and 4 meatballs (803g)
 Servings Per Container 4

Amount Per Serving

Calories 460 Calories from Fat 110

% Daily Value*

Total Fat 12g 18%

Saturated Fat 4g 20%

Trans Fat 0g

Cholesterol 120mg 40%

Sodium 280mg 12%

Total Carbohydrate 56g 19%

Dietary Fiber 10g 40%

Sugars 22g

Protein 35g

Vitamin A 40% • Vitamin C 90%

Calcium 15% • Iron 40%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:
 Calories: 2,000 2,500

Total Fat Less than 65g 80g

Saturated Fat Less than 20g 25g

Cholesterol Less than 300mg 300mg

Sodium Less than 2,400mg 2,400mg

Total Carbohydrate 300g 375g

Dietary Fiber 25g 30g

Calories per gram:
 Fat 9 • Carbohydrate 4 • Protein 4

Recipe contains: wheat, egg
 Carb choices per serving: 2 ½