



## Spaghetti Squash with Quinoa Meatballs

### Ingredients:

! for Spaghetti Squash and Sauce:

- 1 spaghetti squash, cut in half and roasted
- 2 lbs. of Roma tomatoes, coarsely chopped
- 5 tbsp of oil
- 1 medium onion, chopped
- 5 cloves garlic, chopped
- 3 tbsp tomato paste
- 1 tbsp kosher salt
- 1 tbsp pepper
- 2 tbsp dried oregano
- 2 tbsp fresh basil, finely chopped
- 2 tbsp honey (optional)

!for Quinoa Meatballs:

Prep Time: 10 minutes

- 2 cups of cooked quinoa
- 2 tbsp tomato paste
- 1 egg
- ¼ cup almond flour
- 2 tbsp dried oregano
- 1 tbsp garlic powder
- ½ tbsp kosher salt
- 1 tbsp pepper

### Directions:

! for Roasting Spaghetti Squash:

Cut the squash in half lengthwise with a sharp knife. Be careful, go slow, and cautiously slice the squash in half.

Scoop out and discard the seeds.

Preheat the oven to 400 degrees.

Place squash halves cut side up on a baking sheet. Brush with oil and season with salt and pepper.

Roast for about 45 to 50 minutes, or until a fork punctures the flesh of the squash easily. If the squash seems to be drying out while baking, brush with an additional tablespoon oil.

Remove squash from the oven and allow it to cool just enough so you can handle it, about 3 to 4 minutes.

Scrape the flesh from the squash into wonderful, stringy "noodles" with a sturdy fork and place in a small serving bowl. If some of the strands clump or gather together, simply separate them using your hands.

! for Quinoa Meatballs:

Cook the quinoa according to the directions on the bag

Once quinoa is cooked, let cool for 10 minutes or until room temperature

Combine cooked quinoa, tomato paste, egg, almond flour and spices into a mixing bowl and stir until equally mixed.

Using wet hands, form quinoa mixture into 1 inch balls.

Arrange meatballs on a rimmed baking sheet sprayed with oil, and bake about 15 to 20 minutes.

! for Marinara Sauce:

Using a large skillet, heat oil over medium high heat. Add onions and garlic to the skillet and sauté until onions are translucent.

Next, add the tomatoes to the pan and sauté for another 5 minutes or until tomatoes have begun to break down.

Add the spices and tomato paste to the skill and stir to combine.

Reduce heat to low, cover and let sauce simmer for 15 - 20 minutes, stirring occasionally.

With roughly 5 minutes left to simmer, taste the sauce and adjust the spices according to your preference.

Add the honey

Once the sauce has broken down, turn off the heat. Using an immersion blender, blend the sauce together until smooth. Taste and adjust seasoning as needed.