



SPAGHETTI SQUASH

with mushroom meatballs

TOTAL PREP & COOK TIME: 45 MIN

SERVINGS: 2

INGREDIENTS

- 1 spaghetti squash, small size
- 1 garlic clove, peeled
- ½ cup old fashioned rolled oats
- ½ cup walnuts
- 8 oz white mushrooms
- 2 tablespoons peanut butter
- 1 tsp low sodium soy sauce
- ¼ teaspoon red pepper flakes
- 2 tsp olive oil
- Salt and pepper, to taste
- Parmesan cheese, to taste (optional)

DIRECTIONS

1. Preheat oven to 425° F
2. Pulse mushrooms in blender until finely chopped
3. Add garlic, rolled oats, and walnuts to blender and pulse on low setting until coarsely chopped
4. Add peanut butter, soy sauce, red pepper flakes, and a dash of salt and pepper to blender. Pulse until blended. Use spatula as needed to scrape down sides
5. Drizzle olive oil on baking sheet. Form mushroom mixture into six balls and roll in oil to coat them
6. Bake balls on baking sheet 22-24 minutes, or until browned
7. While “meatballs” are baking, poke holes in spaghetti squash and microwave for 3 min to soften, let cool 1-2min.
8. Halve squash lengthwise and remove seeds.
9. Place both halves of spaghetti squash in a 9x13 baking dish flesh side down, and add ¾ cup water to baking dish.
10. Microwave for 10 min (or until flesh easily pierced with knife). Let cool 2-3min
11. Using oven mitts to hold hot squash, shred with a fork and serve on plate with meatballs on top.
12. (Optional) Grate parmesan cheese over spaghetti squash, add salt to taste

MODIFICATIONS:

- Warm a small amount of tomato puree or sauce to top spaghetti squash.
- Food processor is preferred over blender if available.
- In lieu of microwaving squash, you can bake in oven at 375° F for 40-50 minutes.