

Spaghetti Squash Meatball Cups



Serves 4

Ingredients For the Squash Cups

- 1 medium spaghetti squash
- 2 tablespoons olive oil
- ¼ teaspoon kosher salt
- Freshly ground pepper

Ingredients For the Marinara Sauce

- ¼ cup olive oil
- Half of one brown onion, chopped
- 3-4 cloves garlic, minced
- 1 teaspoon dried oregano
- 2 pinches of red pepper flakes
- 1 (28-ounce) can crushed tomatoes
- 1 tablespoon tomato paste
- ½ teaspoon Kosher salt

Ingredients For the Meatballs

- 1 pound ground turkey
- ½ pound chicken sausage, uncooked, casings removed
- 1 egg, lightly beaten
- ¼ cup parmesan cheese
- ¼ cup bread crumbs
- handful of fresh parsley, finely chopped
- 1 clove garlic, minced
- ½ teaspoon dried oregano
- 1 teaspoon kosher salt
- ½ teaspoon black pepper

If desired, ½ cup of grated parmesan cheese would go nicely on top of meatballs.

Steps

1. Preheat oven to 350°F.
2. I start with the sauce as it should simmer for a couple hours to enhance the flavors. Begin by sauteing the garlic and onions together in olive oil over medium-high heat for about 8 minutes. Add oregano, salt, and red pepper flakes.
3. Carefully add the crushed tomatoes and tomato paste making sure to stir everything well. Let simmer on super-low for a few hours. Taste for seasonings and add a little water if a thinner consistency is desired.
4. In a large mixing bowl combine ground turkey, chicken sausage, egg, bread crumbs, parmesan cheese, parsley, garlic, oregano, salt and pepper. Mix well but be careful not to over mix.
5. If you have one, use a meatball scooper to portion out 8 balls and place onto a baking sheet pan lined with foil (spray the foil with non-stick spray otherwise meatballs will stick). If you don't have a scooper, use your hands to portion out meat trying to get them close to equal. Bake meatballs for about 20 minutes (or until cooked through and golden brown).
6. While meatballs bake, work on the squash. Cut it in half lengthwise and scoop out the seeds. Place half on a 9'X13" glass baking dish and add about one-fourth cup of water. Cover well with plastic wrap and microwave for about 9 minutes (or until the flesh is tender and it shreds when dragged with a fork). Put squash in a bowl and repeat process with the other half.
7. Coat ramekins or a muffin pan with olive oil and divide the squash mixture up into 8 cups trying to get the squash to come up the sides of the cups. Bake for about 15 - 20 minutes, or until the top starts to get a little crispy. Let cool a bit before removing and top each squash pile with a meatball, sauce and parmesan cheese. Eat hot.