



Spaghetti Squash Meatball Casserole

This lighter version of spaghetti with meatballs is packed with veggies, but we're using spaghetti squash for "noodles" and keeping the rest of the flavors traditional. You'll love the lighter flavor and your body will love all the nutrients!

Serves: 6

Serving Size: 1 ½ cup

Ingredients

- 1 medium spaghetti squash
- ½ tsp salt
- 1 tsp. Italian seasoning
- 2 tsp olive oil
- 1 pound ground beef (90% lean)
- 1 medium onion, chopped
- 1 garlic clove, minced
- 1 bunch collard greens, ribs removed and chopped into small pieces
- 1 cup baby spinach, packed
- 2 plum tomatoes, chopped
- 1 cup reduced-fat ricotta cheese
- 1 cup jarred pasta sauce
- 1 cup shredded part skim mozzarella cheese

Directions

1. Cut the squash lengthwise in half using a spoon to remove seeds. Place two halves on a microwave safe plate with the cut side down. Microwave uncovered until tender, about 15-20 minutes. Set aside.
2. Preheat oven to 400°F. Line a sheet pan with foil and set aside.
3. Add ground beef to a medium mixing bowl. Add salt and Italian seasoning to beef. Use clean hands to mix well until spices are well incorporated. Shape meatballs into 1 inch balls.
4. Add meatballs to prepared sheet pan and bake until starting to brown, 20 minutes, flipping once.
5. Heat oil in a large skillet over medium high heat. Saute chopped onions until tender. Add garlic and cook for 1 minute. Add collard greens, spinach, tomatoes and 2 T water. Cook until greens wilt and water evaporates, about 10 minutes (it helps to switch to tongs to mix the greens).
6. Stir in ricotta. Add salt and pepper to taste. Remove from heat.
7. Using a fork, separate strands of spaghetti squash and stir into the greens and tomato mixture. Transfer to a baking dish.
8. Top with meatballs, pasta sauce, and cheese. Bake uncovered, until cheese starts to brown in spots, about 30-35 minutes.

Nutrition Info per serving:

Calories: 267, Saturated Fat: 6.5, Sodium: 572.6mg, Fiber: 2.7g, Protein 24g

Recipe adapted from: <https://www.tasteofhome.com/recipes/spaghetti-squash-meatball-casserole/>

