



Meatball-Stuffed Spaghetti Squash

Ground round is one of the leanest of all the ground beefs. Its meat-to-fat ratios is 85 percent beef and 15 percent fat.

Makes 4 servings
Total time: 1½ hours

ground round

- ¼ cup fresh bread crumbs
- ¼ cup grated Parmesan
- ¼ cup ketchup
- 2 Tbsp. minced onion
- 1 Tbsp. minced fresh garlic
- 1 Tbsp. Italian seasoning
- ½ tsp. red pepper flakes
- Salt and black pepper

FOR THE SQUASH, CUT:

- 1 spaghetti squash (about 4 lb.)
- 6 oz. sliced provolone cheese
- 1 recipe Marinara Sauce
- ¼ cup shredded Parmesan
- 1 Tbsp. chopped fresh oregano
- 1 Tbsp. chopped fresh basil

Preheat oven to 375°. Coat a large baking dish with nonstick spray.

For the meatballs, combine ground round, egg, bread crumbs, Parmesan, ketchup, onion, garlic, Italian seasoning, pepper flakes, salt, and black pepper; form into 8 meatballs.

For the squash, cut squash into quarters lengthwise; scoop out seeds. Place quarters, cut side up, in prepared dish; season with salt and black pepper. Divide provolone among squash quarters; top quarters with 2 meatballs.

Cover dish with foil coated with nonstick spray, spray side down, and bake until an instant-read thermometer inserted into the centers of the meatballs registers 160°, about 1 hour.

Spoon sauce over meatballs; top with Parmesan, oregano, and basil.

Per serving : 560 cal; 26g total fat (13g sat); 151mg chol; 946mg sodium; 41g carb; 7g fiber; 45g protein



To prevent dense meatballs, don't overwork the ingredients. Mix them just until combined.



To prep the squash quarters, remove the seeds. They come out easily with a large spoon.



Fill the squash with the provolone first so the meatballs stay in place and have something to stick to.