

Meatball Bites with Spaghetti Squash

INGREDIENTS

- 2 spaghetti squash, cut in half lengthwise and seeds removed
- 1 lb. ground beef
- 4 egg whites, whisked
- 1 egg
- ½ tbsp. dried parsley
- ½ tbsp. dried basil
- ½ tbsp. dried thyme
- Paleo cooking fat
- Sea salt and freshly ground black pepper

INGREDIENTS: Tomato Sauce

- 2 cups good quality tomato sauce
- 1 garlic clove, minced
- ½ tbsp. dried parsley
- ½ tbsp. dried basil
- ½ tbsp. dried thyme
- Sea salt and freshly ground black pepper

DIRECTIONS

1. Preheat your oven to 425 F.
2. Place the spaghetti squash on a baking sheet, cut side down, and bake for 25 to 30 minutes.
3. Combine the ground beef, dried parsley, dried, basil, dried thyme, and egg, and season to taste with salt and pepper. Mix everything until well combined.
4. Roll the meat into meatballs of about 1 inch in diameter.
5. In a bowl, combine all the ingredients for the tomato sauce and season to taste.
6. In a large skillet placed over a medium heat, sauté the meatballs until browned on all sides.
7. Add the tomato sauce to the skillet and cook for 7 to 10 minutes, or until the meatballs are cooked through.
8. Once the spaghetti squash is cooked, use a large spoon to scoop the stringy pulp from the squash and place in a bowl.
9. Lower the oven's heat to 350 F.
10. Mix the egg white with the spaghetti squash, and then fill each cavity of a muffin tin with the squash mix, pressing down in the middle to make a "nest" for the meatball.
11. Place one meatball on top of each muffin and place in the oven for about 15 minutes.
12. Serve with remaining sauce drizzled on top of each meatball bite.