



## Turkey Meatballs with Spaghetti Squash

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|---|---|
| 1/3 cup soft whole wheat bread crumbs (1 slice bread) | 2 egg whites                                |
| 1/4 cup grated onion                                  | 1 (12 to 16 ounce) spaghetti squash         |
| 1 teaspoon garlic powder                              | 1 can (14 ounces) no-salt/ crushed tomatoes |
| 2 ½ tablespoons minced flat leaf parsley              | ¼ cup fat-free reduced sodium chicken broth |
| ½ teaspoon red pepper flakes                          | 1 teaspoon dried oregano                    |
| 1 teaspoon dried thyme                                | 1 tablespoon minced fresh basil             |
| ½ teaspoon whole fennel seeds                         | 1/3 cup minced green onions                 |
| 1 pound 93% lean ground turkey                        |   |

- 1) Mix bread crumbs, onion, garlic powder, parsley, red pepper, thyme and fennel seeds in a bowl. Mix ground turkey with egg whites in a separate large bowl. Add seasoned crumbs and knead mixture well. Cover and chill meat for 10 minutes. Preheat broiler
- 2) Split Squash in half. Remove seeds. Place in glass baking dish, cut side down. Add 3 to 4 tablespoons water. Microwave on HIGH for 10 to 12 minutes, or until fork-tender. Set aside to cool.
- 3) Form 20 meatballs with chilled turkey. Put meatballs on baking sheet; broil 4 to 5 minutes. Turn meatballs and cook 4 minutes more. Mix tomatoes and broth in 12-inch skillet; simmer over low heat. Add meatballs, oregano, basil, and green onions. Stir and cook until hot, about 10 minutes.
- 4) Scrape squash into strands onto serving plate. Top with sauce and meatballs.

Makes 4 Servings

Nutrition per serving

Calories 224

Total Fat 3g

Saturated Fat 1 g

Protein 31 g

Carbohydrates 20 g

Cholesterol 47 mg

Dietary Fiber 4 g

Sodium 450 mg

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