

# Spaghetti Squash & Meatballs

## Ingredients

1 large spaghetti squash  
1 jar Italian sauce  
    Substitute pesto sauce  
    Substitute olive oil  
Bag of your favorite beef or turkey meatballs

## Substitute for Cheese

1 cup cashews  
1 clove garlic  
Pinch of Himalayan salt



## Directions

Preheat oven to 425°F.

Cut spaghetti squash in half and brush with olive oil and sea salt. Put facedown on cookie sheet. Bake for 15 minutes until squash pulls away easily with a fork. Place to one side.

In a large saucepan, heat Italian sauce and add frozen meatballs. Heat until tender

Top with shredded Parmesan cheese or -  
Substitute with a mixture of cashews, garlic and Himalayan salt. Use processor to mix.  
Don't over mix.

