



## **Spaghetti and Meatballs C**

### **INGREDIENTS:**

4 oz lean ground turkey  
1 cup cooked spaghetti squash  
1/4 cup fat-free ricotta  
1/2 cup marinara sauce  
1 cup raw spinach

### **DIRECTIONS:**

Mix desired spices with ground turkey and roll into balls; add desired spices to sauce and cook meatballs in sauce until done.

Cook spaghetti squash in a shallow baking pan with ½ inch of water in pan at 350 degrees in oven until tender. Scrape out spaghetti squash with fork to make spaghetti strings.

Top spaghetti squash with meatballs and sauce, and spinach and top with ricotta.