



## **Swimsuit-Ready in 20 Days: Dinner Recipes**

### **Spaghetti and Meatballs**

**2 small spaghetti squash, cut in half and seeded**

**1 cup canned crush tomatoes**

**6 ounces ground turkey breast**

**1 egg white**

**4 slices whole grain bread, toasted and ground into crumbs**

*Cooking oil and spray*

*Salt and cracked black pepper*

*1 bay leaf*

*1 tablespoon sugar substitute*

*2 teaspoons onion powder*

*2 teaspoons garlic powder*

*1 teaspoon tomato paste*

*Chopped fresh parsley (optional)*

1. Preheat oven to 400 Degrees Fahrenheit. Lightly coat the squash with cooking spray and season with salt and pepper. Bake for 30 minutes or until tender (or microwave each squash half for 6 minutes)

2. In a saucepan, combine the tomatoes, bay leaf, sugar substitute, 1 teaspoon of the onion powder, 1 teaspoon of the garlic powder, salt and pepper. Bring to a simmer. In a mixing bowl, combine the ground turkey, egg white, breadcrumbs, tomato paste, remaining onion powder, remaining garlic powder, salt, and pepper. Mix well. Roll 1 1/2 - inch meatballs between the palms of your hands. Drop the meatballs into tomato sauce and cook for 15 minutes.

**To Serve:** Shred the spaghetti squash with forks and put on plates. Ladle the meatballs and tomato sauce over squash.

**Servings: 2**