Meatballs and Spaghetti Squash

Serves 4

350degrees

1 (3 lb) Spaghetti Squash, halved lengthwise and seeded

1 ½ lbs ground grass-fed beef

1 ½ lbs ground pork

½ medium onion, grated (aprox. ¼ cup)

1 egg

3 garlic cloves, minced

¼ cup fresh parsley, chopped

½ tsp dried basil

¼ tsp dried oregano

¼ tsp dried thyme

2 tbsp extra-virgin olive oil + more for coating

44 oz of good quality tomato sauce

Sea salt & freshly ground black pepper to taste

* Preheat the oven to 350 F.
* Lightly coat the inside and edges of the spaghetti squash halves with olive oil.
* Place the spaghetti squash cut side down on a baking sheet and bake for 30-40 minutes in the preheated oven.
* Once cooked, remove the squash from the oven and set it aside to let cool.
* Use a fork or spoon to pull away the stringy flesh from the squash.
* While the squash is cooking, in a large bowl gently combine the ground beef and pork with all of the remaining ingredients except the tomato sauce & olive oil. Be very careful to not over mix.
* Form about 32 meatballs.
* Heat 2 tablespoons of oil in a large skillet (one large enough to fit the meatballs) over medium-high heat. If needed cook in 2 skillets or in batches.
* Once hot, add the meatballs and reduce to medium heat, occasionally turn the meatballs until they are fully browned.
* Carefully pour in the tomato sauce stirring to coat the meatballs.
* Bring the sauce to a simmer, cover and cook meatballs until cooked through, about an additional 10 minutes.
* Serve the sauce and meatballs over the squash. (serving size 4 meatballs per person)