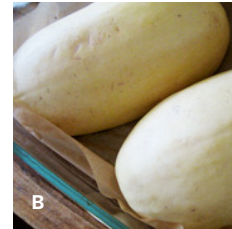




SPAGHETTI SQUASH WITH LENTIL WALNUT BETTER-THAN-MEATBALLS



MAKES 4 SERVINGS

TOOLS

- Glass baking dish
- Unbleached parchment paper
- Medium pot with lid
- Food processor

INGREDIENTS

1 large spaghetti squash*

Spaghetti Sauce

Either make your own, which we recommend (use this recipe), or buy a nice jar of clean, tomato sauce with no sugar added

Better-Than-Meatballs

1 cup dry green or brown lentils, soak overnight (here's how/why)

1 ½ cups vegetable broth (try making your own with this recipe)

1 yellow onion, diced

2 cloves garlic, minced

½ c walnuts, soaked overnight (here's how/why)

One 8 oz pack crimini mushrooms

½ cup pure water

2 tbsp ground flax seed

1 tsp herbes de provence

½ tsp fresh ground black pepper

½ tsp liquid smoke (optional, but delish)

½ tsp fine ground sea salt

Extra virgin olive oil

STEPS

1. Slice squash in half length wise and remove seeds (A). Sprinkle with sea salt and pepper (and if you like, drizzle with olive oil). Line baking dish with parchment and bake squash rind-side-up for about 30 to 40 minutes at 375°F (B).

2. While squash is cooking, bring lentils and broth to a boil in a pot over high heat. Once boiling, reduce heat to simmer, cover and cook until all broth is absorbed—about 15 minutes. Turn off heat, leave covered and set aside.

3. In a skillet, brown onion in 1 tsp olive oil for 10 minutes. Add garlic, stir for 2 minutes. Add mushrooms and cook for 3 more minutes.

4. Place all cooked veggies in food processor and add 1/2 cup water, herbes de provence, fresh ground black pepper, walnuts, flax, liquid smoke and sea salt—pulse about 7-10 times until mixture is ground together, but still has texture.

5. Drizzle olive oil in frying pan, and warm to medium heat. Roll lentil mixture into balls and place into pan (C). If your hands get sticky after rolling a bunch, just use a spoon to scrape any extra on your hands, wash and start over (dust your hands with gluten-free flour first if you like). Cook Better-Than-Meatballs about 3-5 minutes on all sides—rotating/flipping them so they are browned all over (D).

6. Take cooked squash, and using a fork, scrape the flesh lengthwise from top to bottom—the squash should “shred” loose in strips like spaghetti. Place on serving plates, top with warm tomato sauce and warm Better-Than-Meatballs, sprinkle with salt and pepper and enjoy!

ADAPTATIONS & TIPS

1. You can substitute julienned and steamed summer squash, cooked brown rice or quinoa noodles for spaghetti squash.

2. Don't use noodles or squash at all, just chiffonade and steam some kale and use that nutrient-rich goodness as noodles. Top with Better-Than-Meatballs and tomato sauce.

3. Try baking meatballs in an oven set to 350°F, instead of frying. You could also try rolling them in almond flour, or gluten-free all-purpose flour first.

4. For crunch, roll lentil mixture in almond flour, or gluten-free all-purpose flour before cooking in pan.

IF YOU USE OUR ADAPTATIONS OR MAKE THIS RECIPE...

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