

Recipe

PALEO PESTO TURKEY MEAT BALLS WITH SPAGHETTI SQUASH

Serves 2-4

THE GOODS:

- 1 Spaghetti Squash

MEATBALLS

- 1 pound **ground turkey breast**
- $\frac{3}{4}$ cup **gluten free breadcrumbs** or almond flour
- $\frac{1}{2}$ onion minced
- 4 garlic minced
- $\frac{1}{3}$ cup **pesto sauce** (see below)
- $\frac{1}{4}$ cup **grated Parmesan cheese** (optional)
- 2 tbs fresh minced **parsley**
- 1 large **egg**, slightly beaten
- **Salt & pepper**

PESTO SAUCE

- 1 cup **cashews soaked**
- 1 cup spinach
- 1 cup fresh basil leaves
- 2 cloves garlic, skin on
- $\frac{1}{3}$ cup **grated parmesan** (optional, substitute with nutritional yeast if dairy free)
- 3 tablespoons **toasted pine nuts**
- 1 tablespoon **lemon juice**
- $\frac{1}{3}$ cup **olive oil**
- **Salt and freshly ground black pepper**

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THE METHOD:

For the Spaghetti Squash:

Preheat the oven to 400 degrees. Cut Spaghetti Squash in half and scoop out seeds. Drizzle with extra virgin olive oil and sprinkle with salt and pepper. Place face down on an oiled (olive oil, avocado oil or coconut oil) baking pan. Bake for 40 minutes.

For the Meatballs:

Simply mix all ingredients well in a bowl, and form into tight even sized balls. Pan sear until golden brown (2-3 min) then roast in the oven at 400 degrees for about 15 min (an internal thermometer should read 165 degrees for 15 seconds).

For the Pesto:

Soak the cashews in water for 1 hour. Add all the ingredients to a blender and blend until smooth. Salt to taste.

Serve spaghetti squash tossed with pesto and meatballs, topped with parsley, tomato, Parmesan cheese, mushrooms or your favorite Italian toppings. Feel free to try this with other proteins, including vegetarian options.

Recipe from DAN WILSON

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