

Zucchini Spaghetti Recipe with Meatballs

Zucchini:

- 40 oz zucchini (about 8 medium)

Meatballs:

- 2 teaspoon Italian seasoning
- 1/4 teaspoon Himalayan sea salt
- 1/4 teaspoon black pepper
- 2 tablespoon onion (grated)
- 1 large egg
- 2 cloves garlic (minced)
- 1 tablespoon fresh parsley (chopped)
- 3/4 lb ground beef

Assembly:

- 1 1/4 cup marinara sauce (divided into 3/4 cup and 1/2 cup)

1. Make zucchini noodles to your preference.
2. Meanwhile, make the meatballs. Line a baking sheet with parchment paper or foil.
3. In a large bowl, stir together all ingredients for the meatballs, except the beef. Add the beef and mix until just combined. (Don't over-mix.)
4. Form the mixture into 1 in (2.5 cm) meatballs and place onto the baking sheet. A small cookie scoop is recommended to avoid overheating the meat with your hands, which makes tougher meatballs.
5. When the zucchini noodles are done, increase oven temperature to 425 degrees F (218 degrees C). Let it preheat for a few minutes to the increased temperature.
6. Bake the meatballs in the oven for about 10 minutes, until just barely done. Use a paper towel to wipe any excess liquid around the sides of the meatballs.
7. Set the oven to broil and place the meatballs on the top rack under the broiler for about 2 minutes, until golden.
8. Heat the marinara sauce on the stove or in the microwave.
9. Place the zucchini noodles into a large bowl. Toss with 3/4 cup of the marinara sauce.
10. Place the zoodles on plates and add meatballs, about 1 cup zoodles and 6 meatballs per plate. Top the meatballs on each plate with 2 tablespoons marinara sauce, using up what was left.

Serving Size = 2 cups of zucchini noodles and 3 ounces of meatballs

