

SPAGHETTI & MEATBALL MUFFINS



INGREDIENTS:

- 1.5 c cooked whole wheat spaghetti
- 2 1/4 c marinara sauce
- 1.5 c reduced fat or dairy free mozzarella
- 1 lb. lean grass-fed ground beef, turkey, or chicken (raw)
- 1/2 c chopped onion and/or celery
- 1 whole egg or flax egg
- 1/4 c oats
- 2 - 4 tbsp unsweetened plant milk
- 1 tsp minced garlic
- 1 tsp oregano
- dash Salt and black pepper

DIRECTIONS:

1. Preheat oven to 375°F.
2. Start with the Meatballs:
3. Mix together in a large bowl: meat, egg, spices, milk, and oats. (Using your hands is best!)
4. Separate mixture into 12 even meatballs.
5. Spray a 12 muffin pan with cooking spray and place a meatball in each. Bake for about 10 minutes, then flip meatballs and cook for another 10 minutes (check them at 5 minutes in)
6. While meatballs are cooking, cook the pasta as per directions.
7. Once meatballs are done, remove them from the pan and set aside.
8. Spray the muffin pan with cooking spray again.
9. Add 2 tbsp spaghetti to the bottom of each muffin cup.
10. Spoon 1 tbsp marinara and 1 tbsp cheese on top of each cup.
11. Place one meatball in each muffin cup.
12. Top each with about 2 tbsp marinara and 1 tbsp cheese. (Use the remaining).
13. Bake in the oven for 10 - 15 minutes.

Makes 12 Meatball Muffins | Serving Size = 1 Meatball Muffin
Calories: 164 | Protein: 14 g | Carb: 13 g | Fat: 7 g | Fiber: 2