

Spaghetti Squash with Mushroom-Sage Meatballs

Prep time:

20 minutes

Cook time:

45 minutes

Yields:

4 servings

Ingredients

For the Spaghetti Squash

- 1 spaghetti squash
- 1 tablespoon extra-virgin olive oil
- Salt and freshly ground black pepper

For the Sauce

- 2 tablespoons extra-virgin olive oil
- 2 cloves garlic, finely chopped
- 2 tablespoons tomato paste
- 2 cups diced tomatoes
- 1/2 teaspoon dried oregano
- 1 tablespoon fresh basil
- salt and pepper to taste

For the Meatballs

- 1/2 cup cooked green lentils
- 1 cup walnuts halves, finely chopped
- 2 heaping cups finely chopped cremini mushrooms (one 8-oz package)
- 3 large garlic cloves, minced
- 1 cup finely chopped spinach
- 1/2 teaspoon finely chopped fresh sage
- 2 tablespoons ground flax + 6 tablespoons water
- 1/2 cup gluten-free breadcrumbs
- Salt and pepper to taste

Directions

1. To prepare the spaghetti, preheat [oven](#) to 400 degrees. Drizzle cut sides of squashes with oil; season with salt and pepper. Place cut sides down on a baking sheet. Bake until soft to the touch, 30-45 minutes.
2. In a small bowl, whisk together the ground flax and water. Set aside.
3. Mash lentils with a fork or potato masher until it's a coarse paste with some lentil pieces still intact. Set aside.
4. In a large skillet with just a little water, saute the finely chopped mushrooms and garlic over medium-high heat for about 7-9 minutes, until most of the water cooks off. Add spinach, walnuts and sage. Stir until combined and continue cooking for another few minutes until the spinach is wilted. Drain if necessary. Remove from heat and stir in the mashed lentils when ready.
5. Add flax/water mixture.
6. Now stir in the 1/2 cup breadcrumbs until combined. Season with salt and pepper to taste. The mixture should be fairly moist and sticky. If it's way too sticky, add a bit more breadcrumbs. If it's dry, add another tbsp of water.
7. Shape mushroom mixture into balls and pack tightly with your hands so they hold together.
8. Cook balls in a lightly sprayed skillet until nice and browned.
9. Add the garlic and cook, stirring with a wooden spoon, for 1 minute. Add remaining sauce ingredients. Bring to a boil, and reduce to a simmer, stirring occasionally.
10. When the squashes are cool enough to handle, scrape the flesh of each squash with a spoon into strands into the meatballs and sauce.