

Classic Spaghetti and Meatballs

PREP TIME: 10 MINUTES | **COOK TIME: 20 MINUTES**

Spaghetti and meatballs is one of those dishes that can be unpretentious or incredibly elegant, depending on the presentation, size of the meatballs, and the sauce. Large meatballs tend to look more rustic but take longer to cook, so if you want to increase the meatball size here, remember to also increase their time in the oven.

**UNDER
30 MINUTES**

DAIRY-FREE

**Nonstick olive oil
cooking spray**

**6 ounces extra-lean
ground beef**

1 large egg white

¼ cup ground almonds

**2 teaspoons chopped
fresh parsley**

¼ teaspoon garlic powder

Pinch sea salt

**Pinch freshly ground
black pepper**

**2 cups Double Tomato
Sauce (see page 150) or
your favorite low-sodium
marinara sauce**

4 ounces dry spaghetti

1. Preheat the oven to 400°F.
2. Line a baking sheet with parchment paper and spray it lightly with cooking spray. Set aside.
3. In a medium bowl, combine the ground beef, egg white, almonds, parsley, garlic powder, salt, and pepper until well mixed. Form the meat mixture into 12 meatballs and spread out on the baking sheet.
4. Bake the meatballs until cooked through, about 20 minutes. Remove from the oven and set aside.
5. While the meatballs are cooking, warm the sauce in a medium saucepan over medium heat. Cook the spaghetti according to package instructions.
6. Drain the pasta and serve topped with sauce and meatballs.

PER SERVING: Calories: 574; Total fat: 12g; Saturated fat: 2g; Cholesterol: 45mg; Sodium: 443mg; Total carbs: 78g; Fiber: 11g; Sugar: 22g; Protein: 37g