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“Spaghetti” Squash and Meatless “Meatballs”

For the Squash:

2 organic spaghetti
squashes
1tsp coarse sea salt
Ground black pepper
Olive oil

1. Preheat an oven to 350°.
2. Cut the squash in half lengthwise and remove the seeds.
3. Season the flesh with sea salt and black pepper and
4. Grease the cookie sheet with oil.
5. Place the flesh face down on a cookie sheet.
6. Bake the squash for 60 minutes or until tender.
7. Remove squash from the oven and allow to cool completely. When cooled take a fork and scrape the meat from the skin. (If there is excessive moisture in the squash, place on paper towels to dry.)

For the Meatballs:

1½ cup organic dry mashed
potatoes flakes
1 cup organic lowfat ricotta cheese
1 cup finely chopped organic
onion or dried flakes
2 Tbsp organic soy sauce
¼ cup organic pecans

1. Heat oven to 350°F.
2. Grease a flat pan 15 ½ x 10 ½ x 1 inch.
3. Mix all ingredients in large bowl. Shape into 1 ½ inch balls. Place “meatballs” on pan and brush with the oil.
4. Bake uncovered for 20-25 minutes until brown.

¼ cup dried breadcrumbs

1 tsp organic dried basil leaves
3 free range egg whites beaten
1 whole free range egg beaten
Olive oil

For the tomato sauce:

2- 28oz cans crushed, organic
tomatoes
½ cup organic carrot
2 tsp organic garlic
1 tbs organic parsley

1. Preheat pan on medium.
2. Add olive oil and garlic to pan.
3. Cook until garlic begins to brown then add crushed tomatoes and carrot.
4. Simmer sauce for thirty minutes. If desired a stick

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1 tbsp organic basil
1 tsp organic mint leaves
1 tbsp olive oil

blender may be used to puree the sauce.
5. Add herbs and simmer for an additional five minutes.