



# Dietitian's Dish

## Smart Swap for Managing Diabetes

Spaghetti squash is a very nutritious type of winter squash. It has unique fibers which make it a popular alternative to spaghetti noodles. It's a smart choice for people who are following low-carb, or diabetic diets.

### Selection:

Choose a squash that is firm, has a hard rind, and feels heavier than it looks.

### Storage:

Store on the counter at room temperature. **DO NOT** refrigerate.

### Preparation:

Cut in half or score the rind and leave whole to cook. You can microwave to shorten cooking or cook in the oven.



## "Spaghetti" and Meatballs

### Ingredients:

- 1 Small spaghetti squash
- 1 lb. lean ground beef
- 1/4 cup plain bread crumbs
- 3 Tbsps. grated, reduced-fat Parmesan cheese, divided
- 3/4 cup water (plus extra for cooking squash)
- 2 Tbsps. chopped, fresh parsley
- 1 egg • 1 tsp. garlic powder
- 1/2 tsp. black pepper
- 2 cups low-sodium spaghetti sauce

### Directions:

- Fill a soup pot with 1 inch water and place whole squash in water. Bring to a boil over high heat, cover, and cook 25 to 30 minutes, or until tender when pierced with a knife. Remove squash to a cutting board and allow it to cool slightly. Cut squash in half lengthwise; remove and discard seeds with a spoon. Scrape inside of squash with a fork, shredding into noodle-like strands. Cover to keep warm.
- Meanwhile, in a large bowl, combine ground beef, bread crumbs, 2 Tbsps. Parmesan cheese, 1/4 cup water, parsley, egg, garlic powder, and pepper; gently mix until well combined. Form mixture into 8 equal-sized meatballs.
- Coat a large skillet with cooking spray. Cook meatballs over medium heat 8 to 10 minutes or until browned, turning them occasionally. Add spaghetti sauce and remaining 1/2 cup water. Cover and cook 10 to 15 minutes or until meatballs are no longer pink in center.
- Serve the spaghetti squash topped with sauce and meatballs. Sprinkle with remaining 1 Tbsp. Parmesan cheese just before serving.