

Turkey Meatballs with Spaghetti Squash (Whole 30, Paleo)

Shopping List:

Serving size: 3-4

- 1 lb organic ground turkey (or beef)
- Fresh, chopped Italian parsley
- Coconut flour
- 1 organic egg
- 1 tsp organic tomato paste
- Italian seasoning
- Oregano
- Basil
- Sea salt to taste

Paleo Meatballs: 1 lb organic ground turkey (or beef), fresh chopped Italian parsley, coconut flour, 1 organic egg, a spoonful of organic tomato paste, a lot of Italian seasoning, oregano, basil, and sea salt to taste. I don't use measurements because my precious Italian grandmother, Mammaw, instructs me to use a handful of this and a handful of that...well, handfuls can vary. Mix together the ingredients until the mixture is sticky enough to roll into about 1.5 to 2 inch meatballs.

If you're not Paleo or gluten averse then you can add a handful of grated Parmesan cheese and a handful of Italian breadcrumbs, and thus skip the coconut flour. To me, Mammaw's original version is better. But, what's not better with cheese anyway?? However, for health purposes I am completely happy with my version!

Paleo Pasta: Cut a spaghetti squash in half, scoop out the seeds and stringy middle, coat the inside with a tiny bit of olive oil, and bake the halves face down on a foil lined baking sheet for 45 minutes at 350 degrees Fahrenheit. When it is finished cooking, use a fork to string the flesh out of the spaghetti squash.