

## Spaghetti and Meatballs (serves 4)

12 oz. ground buffalo  
12 oz. ground turkey  
1 T fresh rosemary, chopped  
1 T fresh thyme, chopped  
1 oz. egg whites  
2 cloves garlic crushed  
1/4 C chopped onion  
S and P to taste  
2 T olive oil  
1 shallot diced  
2 clove garlic crushed  
6 plum tomatoes, diced  
1 28oz can crushed tomato  
2 T fresh thyme, chopped  
3 T fresh basil, chopped  
1 large spaghetti squash  
1 T curry powder

1. Preheat the oven to 375 degrees. Cut the squash in half and place cut side up in an oven safe dish. Season with salt, pepper, olive oil and curry powder. Bake for 45 minutes or until fully cooked.
2. In a bowl mix meats, herbs, garlic, onion and egg white, season with salt and pepper, mix and portion to about 1 inch balls, (approx. 24)
3. In sauce pot over medium heat add olive oil, garlic and shallot, cook 7-8 minutes. Add diced tomatoes and cook another 8-10 minutes. Once the fresh tomatoes are cooked down add canned tomato and herbs and cook an additional 10 minutes at a simmer.
4. Gently drop prepared meatballs into sauce and simmer for 20-25 minutes or until meatballs are cooked through.
5. Using a fork, rake the inside of the squash to create a spaghetti. TASTE.
6. Place spaghetti on plate and top with sauce and meatballs.