

Veggie Spaghetti & Meatless Meatballs



PREP TIME: 20 mins

COOK TIME: 50 mins

TOTAL TIME: 1 hour 10 mins

Serves: 4 servings

INGREDIENTS

Veggie Meatballs

1 can or 15 ounces black beans, drained well

½ cup cooked quinoa

2 tablespoons finely chopped onion

1 tablespoon chopped fresh parsley

1 tablespoon chopped fresh basil

1 teaspoon dried Italian seasoning

1 teaspoon garlic powder

Juice of 1 lemon

1 teaspoon olive oil

Tomato Sauce

8 roma tomatoes, sliced in half

8 leaves, fresh basil

½ onion, roughly chopped into large chunks

6 garlic cloves

1 teaspoon olive oil

Veggie Noodles

3 large carrots

4 medium zucchini

salt and pepper

INSTRUCTIONS

Heat oven to 400 degrees. Place beans on a plate and pat dry with paper towel. In a bowl, mash the black beans with a fork or potato masher until mixture is chunky. Some beans should still be whole. Add the quinoa, onion, parsley, basil, seasoning, garlic powder, and juice from one lemon. Mix all ingredients together. Heat olive oil in a nonstick pan over low-medium heat. Form bean mixture into 1 inch balls and sauté until crisp on opposite sides. Spray baking sheet with nonstick spray. Place meatballs on sheet and bake for 20 min. When meatballs are done, set aside and begin tomato sauce and noodle preparation.

While meatballs are in the oven, line a large rimmed baking sheet pan with tin foil or parchment paper. Place all ingredients on the pan and drizzle with olive oil. Roast in the oven for 30 minutes or until vegetables are tender and starting to brown on the edges. When done roasting, mix the vegetables in a food processor until smooth.

While vegetables are roasting, use a mandolin or veggie spiralizer to cut carrots and zucchini into pasta-like strands. Spray a large sauté pan with cooking spray and turn stove on medium heat. Saute noodles for 5 minutes. Sprinkle with salt and pepper.

To assemble dish, place 1 cup of the veggie noodles on a plate. Top noodles with ¾ cup of tomato sauce and 4 meatballs. Garnish with fresh basil.

NOTES

Nutrition Information (per serving) from Caloriecount.about.com

Calories: 354 Fat: 4.5g Carb: 64.7g Fiber: 16g Protein: 17.5g Sugar 19.5g Sodium: 195mg

Weight Watchers Points (calculated on member website)

WW: 6 Points Plus