



Spaghetti Squash and Impossible Meatballs (Vegetarian)

Ingredients:

Impossible burger (plant-based protein), spaghetti squash, house made marinara, canola oil, pepper. Served with garlic toast.

All you do:

1. Twenty-four hours before cooking, thaw the meatball pan(s) in the refrigerator. For a quicker thaw, slightly open the lid of the pan(s) off to one side when thawing in the refrigerator.
2. On cooking day, pull the garlic toast from the freezer. The garlic toast can thaw in the refrigerator until it is ready to be made in the oven.

Cooking Instructions for Oven:

1. Preheat the oven to 350°F.
2. Remove the cover from the foil pan and place the thawed spaghetti squash and impossible meatball pan on the center rack of the oven. Bake uncovered for 15-20 minutes. The contents of the pan should reach 165°F (on a cooking thermometer) to ensure that it is cooked through.
3. During the last few minutes of cooking time on the spaghetti squash and impossible meatballs, prepare a baking sheet with non-stick cooking spray for the garlic toast. Then, spread out the thawed garlic toast(s) on baking sheet and bake at 350°F for 5 minutes or until bread is toasted.

Chef's Tip(s): Impossible burger is a plant-based protein, with the texture of meat. It has good flavor on its own, but takes on the flavor of what it is cooked in.

Dietitian Tips & Notes:

Serve with: a leafy green side salad

Leftovers: Turn your leftovers into a meatball sub!

Fun Fact: All of the Impossible products have as much protein as meat and tastes like it too! (Heme is what makes meat taste like meat. It's an essential molecule found in every living plant and animal -- most abundantly in animals -- and something we've been eating and craving since the dawn of humanity. Impossible products use plant-based heme that is made via fermentation of genetically engineered yeast, and safety-verified.)

Spaghetti Squash & Impossible Meatballs Nutrition Facts per serving: 396 calories, 23 g total fat (5 g saturated fat, 0 g transfat), 15 mg cholesterol, 575 mg sodium, 39 g carbohydrates (6 g fiber, 11 g sugar), 12 g protein

Garlic Toast Nutrition Facts per serving: 127 calories, 1 g total fat (0 g saturated fat, 0 g transfat), 0 g cholesterol, 0 mg sodium, 28 g carbohydrates (3 g fiber, 1 g sugar), 5 g protein