

Spaghetti & Meatballs

Makes 3 servings | Active Time: 35 minutes | Total Time: 35 minutes

Swick

Chef's Notes

Store any leftover spaghetti & meatballs in an airtight container in the refrigerator for up to 5 days.

RECIPE TIPS

Roasted Red Bell Pepper: Roasted bell peppers come in various forms; some are cut and stored in brine, while others are sliced and packed in oil. Make sure that the ones you use are oil-free.

Molasses: Molasses is the sticky liquid that remains after the sugar has been extracted from sugar cane and sugar beets. The first boiling of the syrup yields light molasses, the second results in dark molasses, and the third yields the thickest, most robust molasses known as blackstrap. While light and dark molasses can mostly be used interchangeably, blackstrap should be used only when recipes specifically call for it.

Marinara Sauce: Oil-free sauces can be hard to find, but you can find fat-free marinara sauce from Delallo, 365 Everyday Value, SimplyNature, Lucini, and Gefen. Trader Giotto's Pizza Sauce is another tasty oil-free option.

Step 1: Make the Dish

- 3 tablespoons quinoa rinsed & drained (≈3/4 cup cooked)
- 3/4 cup shelled pumpkin seeds
- 1/5 (16-oz) jar roasted red bell pepper drained (≈1/3 cup)
- 2 1/4 teaspoons tomato paste
- 3/4 scallion (white & green parts) chopped (≈3 tablespoons)
- 1 1/4 tablespoons balsamic vinegar
- 3/4 clove garlic roughly chopped
- 3/4 teaspoon dried oregano
- 3/4 teaspoon dried basil
- 2 dashes sea salt
- 1/3 teaspoon molasses
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- 1/3 cup rolled oats
- 1 1/2 tablespoons shelled pumpkin seeds (optional)
- 9 oz whole-grain spaghetti
- 3/4 (24-oz) jar marinara sauce

PREPARE GRAINS

In a saucepan over high heat, bring quinoa and 1/3 cup water to a boil. Reduce heat to low, cover, and simmer until tender, 15 minutes. Remove from heat and let cool; fluff quinoa with a fork.

MAKE MEATBALLS

In a food processor (or a high-powered blender), process cooled quinoa, 3/4 cup pumpkin seeds, drained roasted peppers, tomato paste, scallions, balsamic vinegar, garlic, oregano, basil, sea salt, and molasses, scraping down sides as needed, until well combined. Add oats and pulse several times to incorporate.

Add 1 1/2 tablespoons pumpkin seeds, if desired, and pulse again, until just incorporated (retaining coarse texture). If possible, chill in the refrigerator for about an hour.

Preheat the oven to 375°F. Line a baking sheet with parchment paper.

BAKE MEATBALLS

Place meatball mixture by tablespoonfuls on prepared baking sheet and bake until golden and just warm to the touch, 17 to 20 minutes. (Do not overbake or meatballs will dry out.)

COOK PASTA

Meanwhile, prepare spaghetti according to package instructions. Drain well in a colander.

WARM MARINARA

In a saucepan over medium heat, warm marinara.

Serve meatballs hot over spaghetti and marinara.