

Keto Spaghetti and Meatballs



calories 130

carbs 1 g

protein 9g

fat 9.5

Ingredients:

8 oz spicy Italian sausage

1 egg

1 tsp minced garlic

1 tsp salt

1/2 c fresh basil & parsley

1/2 c parmesan

2 Tbsp ricotta (full fat)

1-1/2 Tbsp pesto

Oil for browning

Marinara sauce (Rao's is a great option if using store bought)

Shirataki Noodles

Directions:

Preheat oven to 400°F

In a mixing bowl, add the sausage, egg, garlic, salt and herbs. Mix. Add parmesan cheese, and mix again. Add the pesto and ricotta. Mix until everything is combined. Chill for about 20 minutes (it will make the meatballs easier to work with—also, add more parmesan if you feel they are still too sticky). Add oil to a frying pan over med-high heat. Roll your meatballs to the size of your liking (I made about 10 meatballs). Once the oil has heated, add the meatballs and brown on each side (they don't need to be cooked through in the pan). When your meatballs have browned, transfer to a small baking dish and put them in the oven for 15-20 minutes. Meanwhile, bring about two cups of marinara sauce to a slight boil. When the meatballs are done, remove from the oven and place them in the marinara sauce and let them simmer over low heat.

For the pasta, use the same sauté pan you used for your meatballs, add olive oil and some minced garlic. Make sure to strain and rinse the noodles, then add to sauté pan. I like to go ahead and add some marinara sauce while the pasta heats, then top with more sauce and the meatballs! Serve piping hot with extra parm, fresh basil and parsley!

**be sure to add macros of whatever spaghetti sauce you choose to use

