

# Baked Pumpkin Oatmeal

**Servings:** 2

**Total time:** 90 minutes

**Prep time:** 60 minutes

## Ingredients:

- 1 spaghetti squash, halved lengthwise and seeded
- 2 tablespoons olive oil
- 1 tablespoon Italian seasoning
- Arrabbiata marinara sauce (recommendation: RAO'S)
- ¼ cup parmesan cheese, grated
- Fresh basil for garnish
- Salt and pepper to taste
- Turkey Meatballs: (Use your favorite turkey meatball recipe)

## Directions:

### *Step 1*

Preheat your oven to 400°F (200°C).

### *Step 2*

Drizzle olive oil over the cut sides of the spaghetti squash and season with Italian seasoning, salt, and pepper.

### *Step 3*

Place the squash cut-side down on a baking sheet and roast for 35-40 minutes, until tender.

### *Step 4*

While the squash roasts, prepare the turkey meatballs using your preferred recipe.

### *Step 5*

Once the squash is done, use a fork to scrape out the spaghetti-like strands.

### *Step 6*

Top the squash with turkey meatballs and warm Arrabbiata sauce.

### *Step 7*

Sprinkle with parmesan cheese and fresh basil before serving.

