

Zucchini Noodles with Lasagna Meatballs

<http://butcherblockco.com/blog/trendy-veggie-noodles/>

Recipe courtesy of Sarah Weber

- 1 lb ground beef or turkey
- 1 lb sweet or hot Italian sausage
- 1 cup ricotta cheese
- parsley, oregano, garlic, salt, pepper to taste
- ¾ cup Parmesan cheese, divided
- 2 cups pasta sauce (I used the lowest carb I could find - 5 carbs per serving)
- 1-2 roasted red peppers
- 2 eggs
- 1 ½ cup mozzarella cheese
- 3 zucchinis
- 1-2 tablespoons butter

Preheat oven to 375°.

Combine the sausage, turkey, eggs, ricotta, parsley, oregano, salt, pepper, and garlic to make your meatballs. Dice or finely chop the roasted red pepper and add to the mixture. I found it was best to have some “rings off” time and combine this by hand. At this point, the meatball mixture is *very* wet.

Add ¼ cup of your Parmesan cheese. If you still don't like the consistency, add another ¼ cup.

Form 1-2” meatballs and line them up on a large baking sheet. They can be somewhat close together, as they won't spread while they bake. Pop in the oven for 25 minutes. Bigger meatballs may take more time. As mentioned above, I got 40 meatballs out of one batch.

Grab a baking dish and start loading your meatballs in. I was able to cram all 40 into a 13” x 9” dish. Cover with sauce. Cover that with mozzarella cheese, finishing up with the remaining Parmesan. Cook this for an additional 30 minutes.

When you have about 20 minutes left on the bake, use the spiralizer to prep your zucchini noodles. These are fairly simple. Trim the ends of your zucchini. Hold the zucchini firmly in the spiralizer and turn so the blades cut the vegetable. This will produce noodle-shaped ribbons. These can be sautéed in a pan over medium heat for 4-5 minutes in butter. Twenty minutes out is a good time to start boiling water if you'd also like to serve pasta as an option.

Serve meatballs over pasta or veggie noodles.