



Nonna Snowden Cooks

Cook, Skydive, Have Fun, Give Back



Spaghetti Squash

Visit Nonna at www.nonnasnowdencooks.com and watch her “how to” videos on preparing several dishes. This is not a Nonna Snowden recipe. Rather, this is Kris Rugloski’s recipe. It is healthy and very low carb. Kris Rugloski is an athlete who competed in The Titan Games (2018-2019) and continues to compete in various obstacle courses races. As always, this recipe is easily modified; you can change spices to suit your tastes or add vegetables to the meat or leave the meat out all together for a vegetarian meal. This is an easy recipe that the athletes in your family will appreciate and love!

Preparation Time: 20 minutes **Cook Time:** 40 minutes

Ingredients:

- 2 large broccoli head (cut up into bite size)
- 1 pound Brussels sprout
- 1 Spaghetti Squash
- 1 large package mushrooms (you choose which kind)
- 1 lb ground beef
- 1 lb ground turkey
- Uncle Paulie’s Salt
- Dan Pastorini’s Garlic and Herb seasoning
- Oregano
- 1 large garlic head (diced)
- 1 medium onion (chopped)
- 1/2 cup sheep’s milk Romano cheese (grated)
- 1/2 cup olive oil (or thereabouts)
- 1 jar marinara sauce

Preparation Spaghetti Squash:

1. Cut spaghetti squash in half. Recommend a serrated blade as squash are hard to cut and a smooth blade may slip. Scoop out the seeds in the center. Place on a baking pan.
2. Pour olive oil (1-2 tablespoons) into each half. Use a brush or soft spatula to spread the oil around.
3. Season with salt.
4. Turn the halves over (so that outer layer is up).
5. Bake at 400 degrees for 40 mins or until squash is soft.
6. Once cooked, use a fork to scrape the squash. It will be soft and will turn into thin noddles.

Preparation Brussel Sprouts and Broccoli:

1. Cut stems off of sprouts and cut in half. Place in a bowl.
2. Cut broccoli into small bite size trees. Place in bowl with sprouts.
3. Pour 1/4 cup of olive oil over sprouts and broccoli
4. Add seasoning (Dan Pastorini Garlic & Herb seasonings, salt, oregano).
5. Mix well. Make sure sprouts and broccoli are covered in the oil and seasonings.
6. Place into baking dish (9X5)
7. Bake at 400 degrees for 20 mins.

Nonna donates 50% of proceeds to JumpForTheRose.org.





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Preparation of Meat:

1. Brown ground turkey and ground beef.
2. Add chopped onion while browning.
3. Add dices garlic while browning.
4. Add seasoning (Dan Pastorini's Garlic & Herb, Salt, Oregano). Season to your taste.
5. When the meat is browned. Drain the meat.
6. Add entire jar of mariana sauce to meat over a low heat.
7. Add mushrooms.
8. Mix well.

Putting it all together:

1. Scrape the squash into a bowl.
2. Pour meat into the squash bowl. You want an equal amount of meat and squash. You can, of course, had more or less meat depending on how you or your athlete like it!
3. Eat the sprouts and broccoli as is, just let them cool.

Note: Special thanks to Kris Rugloski for guest cooking with Nonna Snowden! We wish her the best in her athletic career and hope she will join Nonna again!

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