

Saucy Salmon Meatballs and Spaghetti Squash with Farm Fresh Tomato Sauce

2/3 cup Panko bread crumbs
1/3 cup chopped celery
1/4 cup chopped parsley
1/4 cup chopped onions
1 egg, beaten
1 Tablespoon hot sauce
1 Tablespoon lemon juice
1/2 teaspoon salt or to taste
1/4 teaspoon black pepper
3/4 pound fresh salmon, boneless, skinless, diced
2 Tablespoon vegetable oil, divided
2 Tablespoons butter or butter substitute
Serve with cooked Spaghetti Squash and Farm Fresh Tomato Sauce

In a food processor, process first nine ingredients until minced.

In a bowl, combine the diced salmon with the vegetable mixture; using 2 Tablespoon round scooper, shape mixture into balls; chill in refrigerator 30 minutes to firm ingredients.

Preheat oven to 400 degrees F. Prepare the spaghetti squash and fresh tomato sauce as directed. Keep warm.

In a 12 inch ovenproof skillet, heat 2 Tablespoons oil over medium to medium high heat. Add salmon meatballs and fry 2 minutes per side or until browned. Transfer pan to preheated oven; cook about 5 minutes or until cooked as desired.

***Prepare Easy Spaghetti Squash:**

Pierce the entire squash with a sharp knife. This is important so the squash doesn't break apart in the microwave. Place in 10 inch microwave dish; add 1/4 cup water to dish. Cook in microwave on high power for 10 to 15 minutes, turning squash every 5 minutes until fork pierces skin easily. Remove from microwave; let stand 10 minutes or until cool enough to handle. Cut open from the stem side. Remove and discard seeds and pulp with fork and spoon. It will be hot. Scrape the strands from the inside. They will look like spaghetti; place in a bowl or large dish. Toss with 1 Tablespoon olive oil and 2 Tablespoon butter or butter substitute to coat. Season with salt and black pepper to taste. Arrange on serving platter to stay warm.

Prepare Farm Fresh Tomato Sauce:

1 pint cherry tomatoes
1 Tablespoon olive oil
1 cup chopped onion
1 garlic clove, minced
1 cup vegetable broth or water
1 Tablespoon minced fresh parsley
2 Tablespoons minced fresh basil
1 teaspoon granulated sugar
1/8 teaspoon crushed red pepper flakes
Salt and pepper to taste
14 cooked meatballs
1/8 cup sliced fresh basil leaves
Shredded Parmesan cheese as desired

Set half of the tomatoes aside. Cut the remaining tomatoes in half. Set aside.

Heat oil in 12 inch nonstick skillet; sauté onion until softened; stir in garlic, cooking about 1 minute; Add all the tomatoes; cook for about 1 minute; add half the vegetable broth; cover; cook 2 minutes or until tomatoes start to soften. Mash some of the softened tomatoes to release their juices; stir in remaining broth, parsley, sugar, pepper flakes; season with salt and pepper to taste. Simmer until hot; set tomato sauce aside to stay warm.

To Serve: Remove the cooked meatballs from the oven; pour the reserved tomato sauce over the meatballs. Cook until hot. Sprinkle with minced basil leaves. Place warm spaghetti sauce on serving platter. Spoon the meatballs and fresh tomato sauce over the center of the spaghetti squash. Garnish with a sprinkle of shredded Parmesan cheese and a fresh basil sprig. Yield: 4

***Alternate ways of preparing spaghetti squash:**

*You can also prepare spaghetti squash in an oven; and cut it in half while it is raw; remove the seeds. Bake rind side up in large pan about 30 to 40 minutes in 375 degree oven. If baking the whole squash; bake for 1 hour or until tender.