

# Asparagheti and Meatballs

Carbs: **5g** | Fat: **7.9g** | Fiber: **2g** | Protein: **31.1g** | Calories: **225.3**

Number of Servings: 1

1 serving counts as 1 protein, 1 vegetable

Do you miss spaghetti & meatballs?

Try this HCG friendly dinner and get back that loving Italian feeling!  
The effort is worth it.

## Ingredients

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- 100 grams extra lean steak (uncooked)
- 1/2 oz egg white
- 3.5 oz (100 grams) fresh asparagus spears
- chicken broth (home made/HCG diet friendly allowed only)
- 1 tbsp sugar free tomato paste
- Stevia to sweeten
- 1 clove minced garlic

Seasonings to taste\*:

Garlic powder (1/4 tsp)

Onion powder (1/4 tsp)

Basil (1/2 tsp)

Oregano (1/2 tsp)

Salt (1/8 tsp)

Pepper (1/8 tsp)

\* the above are approximate amounts for the meatball only, adjust to taste.



## Directions

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### Meatballs

Pre-heat oven to 350 (this dish is small, so I use toaster oven). Grind raw meat into "hamburger-like" consistency using a food processor. Transfer to small mixing bowl and gently fold in egg white and seasonings with a fork, try to keep in one big ball. Roll meat mixture into a small oven safe dish (I use a corning ware souffle dish) and press lightly with fork to spread out. Bake at 350 for 25-30 mins.

### Sauce

Saute minced garlic over medium heat in saucepan for 1-2 mins. Add one can of sugar free tomato paste, 1-2 cans water (depending on how thick you like your sauce), 1 tbsp granulated sweetener, and seasonings to taste. Simmer over medium to low heat, stirring occasionally until ready to serve. Leftover sauce can be refrigerated or frozen for future use.

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## Asparagheti

Cut tips off asparagus and place aside for later, then using a julienne blade from a mixer. Hold the asparagus trunk down and slice from widest end of the trunk down the stalk. (If you don't have a multi-blade like this you may use a sharp knife, it will just take longer.) Cut the very widest end off where your finger was holding it down to separate the sliced parts. If you would like a wide "noodle" leave as is, for thinner "noodles" slice with a sharp knife tip down the middle. Continue this process with the rest of the stalks.

Mix 1 part chicken broth and 1 part water in a pot, enough to cover "noodles", and bring to a boil. Add your asparagheti noodles and a touch of salt. Boil 5-8 mins or until tender. Remove asparagheti noodles from pot. Add leftover asparagus tips to broth and cook 3-4 mins.

## Putting it all together

Remove meatballs from oven and check with temperature fork. Remove gently and place onto glass plate next to asparagheti noodles. (Spoon sauce over meatball and noodles) Place cooked asparagus tips on plate and season with freshly ground salt and pepper.

*Enjoy!*

## Nutritional Info

Servings Per Recipe: 1

### Amount Per Serving

- Calories: 225.3
- Total Fat: 7.9 g
- Cholesterol: 88.3 mg
- Sodium: 65.5 mg
- Total Carbs: 5.0 g
- Dietary Fiber: 2.0 g
- Protein: 31.1 g



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