

Spaghetti and Meatballs Muffin Bites

Jacob · 30/09/2024



Prep Time

15 mins

Difficult

Medium

Servings

1 hr 5 mins

Description

Theres a reason spaghetti and meatballs appear on so many dinner tables its a comforting meal easy to put together and loaded with flavor This spaghetti muffin recipe turns the traditional meal into partyready individual servings of spaghetti and meatball muffin bites

Ingredients

- - 6 ounces spaghetti - 1 ½ tablespoons olive oil - cooking spray - 1 ½ cups grated Parmesan cheese
- divided - 1 ½ cups tomato-based pasta sauce - 12 (1 ounce) cooked meatballs

Instructions

1. Bring a large pot of lightly salted water to a boil. Cook spaghetti in the boiling water
2. stirring occasionally
3. until cooked through but firm to the bite
4. about 7 minutes. Drain and toss in a bowl with olive oil
5. then refrigerate until cool
6. about 15 minutes. Preheat the oven to 375 degrees F (190 degrees C). Spray a 12-cup muffin tin with cooking spray. Toss cooled spaghetti with 1 cup Parmesan cheese. Divide spaghetti between the prepared muffin cups
7. arranging noodles in each cup to create "nests" for the meatballs. Top each nest with 1 tablespoon pasta sauce
8. 1 meatball
9. and 1 more tablespoon pasta sauce
10. respectively. Sprinkle remaining Parmesan cheese over the tops of each nest. Bake in the preheated oven until pasta and meatballs are heated through and cheese melts
11. 20 to 25 minutes. Cool slightly before transferring muffin bites to a serving platter.