

Spaghetti Squash Lasagna



Servings:

4 servings

Prep Time:

15 minutes

Cook Time:

1 hr

Ingredients

- 2 Spaghetti Squash
- 1 Onion, diced
- 3 cloves **Garlic**, minced
- 1 lb **90% Ground Beef**
- 1 tsp **Olive Oil**
- 1 tsp **Salt**
- 15 oz (1 can) **Crushed Tomatoes**
- 15 oz (1 container) **Part-Skim Ricotta**
- ¼ cup **Parsley**, chopped
- ½ tbsp **Dried Oregano**
- 1 cup **Shredded Mozzarella Cheese**

Method of Preparation

Step 1

Preheat oven to 400°F. Cut squash in ½ the long way and scoop out seeds. Lay cut side down in a roasting pan. Add approximately 1 inch of water. Roast for 45 minutes or until tender.

Step 2

Add olive oil to pan over medium-high heat. Cook onions until translucent. Stir in garlic and cook until fragrant.

Step 3

Add ground beef and cook until browned. Stir in crushed tomatoes and ½ tsp of salt. Bring to a simmer.

Step 4

Shred inside of squash with a fork, leaving approximately ½" around the perimeter.

In a separate bowl, mix ricotta, parsley, oregano, and ½ tsp salt. Arrange the squash inside a clean roasting pan.

Step 5

Mix the shredded squash into the tomato beef mixture.

Step 6

Use a spoon to spread ricotta evenly over bottom of each shell.

Step 7

Layer with the tomato mixture.

Top with an additional layer of ricotta and tomato mixture to fill each

shell.

Step 8

Bake for 15 minutes at 400°F. Remove from oven and top with shredded mozzarella cheese.

Step 9

Bake for additional 10-15 minutes until cheese is melted. Broil for an additional 2 minutes for a golden brown cheese.

Remove and garnish with chopped parsley.

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