



SPAGHETTI SQUASH CASSEROLE

Final Lifestyle

INGREDIENTS

2 (2 1/2-lb.) spaghetti squash, halved lengthwise and seeded
4 TBS olive oil, divided
2 1/2 TSP kosher salt, divided
1 TSP black pepper, divided
1 pound 90/10 lean ground beef
2 cups chopped yellow onion (from 1 large onion)
6 medium garlic cloves, chopped (2 TBS)
1 (24-oz.) jar marinara sauce
1 pound low-moisture part-skim mozzarella cheese, shredded (about 4 cups), divided
2 oz. Parmesan cheese, grated (about 1/2 cup), divided
2 TBS chopped fresh flat-leaf parsley

INSTRUCTIONS

—Preheat oven to 425°F. Rub cut sides of squash evenly with 3 TBS of the oil; sprinkle with 1 TSP of salt and 1/2 TSP of pepper. Arrange, cut sides down, on baking sheet lined with parchment paper. Roast in preheated oven until easily pierced with a knife, 40 to 45 minutes. Remove from oven. Reduce oven temperature to 350°F. Let squash cool 10 minutes.

—While squash cools, heat remaining 1 TBS oil in large skillet over medium-high. Add beef; cook, stirring often, until just browned, 4 to 5 minutes. Add onion and garlic; cook, stirring often, until softened, 3 to 4 minutes. Stir in marinara and remaining 1 1/2 TSP salt and 1/2 TSP pepper. Cook, stirring constantly, 1 minute. Remove from heat.

—Using a fork, scrape cooled squash flesh into large strands, and place in a large bowl. Discard shells. (Strands may be stored in an airtight container in refrigerator up to 2 days.) Add beef mixture to squash in bowl; toss to combine. Stir in half (about 2 cups) of the mozzarella and half (about 1/4 cup) of the Parmesan.

—Spoon mixture into a 13- x 9-inch baking dish. Sprinkle evenly with remaining 2 cups mozzarella and 1/4 cup Parmesan. Bake at 350°F until cheese is lightly browned, 30 to 35 minutes. Let cool 5 minutes. Sprinkle with parsley. Serve.

SERVING INFO: (Serves 12): 1 1/3 cups = 1/2 P, 1 1/2 V, 1 1/2 M

See photo of recipe at [Instagram](#) and [Facebook](#).