



Lasagna-Stuffed Spaghetti Squash



1/4th of recipe: 215 calories, 6g total fat (3g sat. fat), 538mg sodium, 17.5g carbs, 3.5g fiber, 7.5g sugars, 23g protein

Prep: 10 minutes **Cook:** 55 minutes

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Ingredients

1 spaghetti squash (at least 4 1/2 lbs.)
3/4 cup canned crushed tomatoes
1/4 cup light/low-fat ricotta cheese
1 1/2 tsp. chopped garlic
3/4 tsp. onion powder
3/4 tsp. Italian seasoning
2 tbsp. chopped basil
1/2 tsp. salt
1/4 tsp. black pepper
12 oz. extra-lean ground beef (4% fat or less)
1/4 cup shredded part-skim mozzarella cheese

Directions

Preheat oven to 400 degrees.

Microwave squash for 6 minutes, until soft enough to cut. Halve lengthwise; scoop out and discard seeds.

Fill a large baking pan with 1/2 inch water. Add squash halves, cut sides down. (Use 2 pans, if needed.)

Bake until tender, about 40 minutes.

Meanwhile, in a medium bowl, combine crushed tomatoes, ricotta cheese, garlic, onion powder, and Italian seasoning. Add 1 tbsp. basil, 1/4 tsp. salt, and 1/8 tsp. pepper. Mix until uniform.

About 10 minutes before squash is done baking, bring a skillet sprayed with nonstick spray to medium-high heat. Add beef, and season with remaining 1/4 tsp. salt and 1/8 tsp. pepper. Cook and crumble for about 4 minutes, until fully cooked. Reduce heat to low.

Add ricotta mixture to the skillet. Cook and stir until hot and well mixed, about 1 minute.

Remove baking pan from the oven, but leave oven on. Remove squash halves, and blot away excess moisture.

Empty water from baking pan. Return squash halves, cut side up.

Evenly divide beef-ricotta mixture between the squash halves. Sprinkle with mozzarella cheese and remaining 1 tbsp. basil.

Bake until filling is hot and cheese has melted, about 5 minutes.

MAKES 4 SERVINGS

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