



## Spaghetti Squash Bolognese



1/4th of recipe (about 2 cups): 330 calories, 8.5g total fat (2.5g sat fat), 717mg sodium, 33.5g carbs, 8g fiber, 15g sugars, 29.5g protein

**Blue Plan (Freestyle™) SmartPoints®** value 4\*

**Prep:** 20 minutes    **Cook:** 50 minutes

Tagged: [Lunch & Dinner Recipes](#), [Four or More Servings](#)



### Ingredients

1 spaghetti squash (at least 4 1/2 lbs.)  
3 1/2 cups canned crushed tomatoes  
1/4 cup tomato paste  
1 tbsp. white wine vinegar  
1 tsp. Italian seasoning  
1 tsp. garlic powder  
1 tsp. onion powder  
1/2 cup chopped celery  
1/3 cup chopped onion  
1/3 cup chopped carrots  
1 tbsp. olive oil or grapeseed oil  
1 lb. raw extra-lean ground beef (at least 96% lean)  
1/4 tsp. salt  
1/8 tsp. black pepper  
Optional topping: grated Parmesan

### Directions

Preheat oven to 400 degrees.

Microwave squash for 6 minutes, or until soft enough to cut. Once cool enough to handle, halve lengthwise; scoop out and discard seeds.

Fill a large baking pan with 1/2 inch water, and place squash halves in the pan, cut sides down. Bake until tender, about 40 minutes. (For alternative cooking methods, see below.)

Meanwhile, in a large bowl, combine crushed tomatoes, tomato paste, vinegar, and Italian seasoning. Add 1/2 tsp. each garlic powder and onion powder, and mix well.

Bring a large skillet sprayed with nonstick spray to medium-high heat. Add celery, onion, and carrots, and drizzle with oil. Cook and stir until slightly softened, about 2 minutes.

Add beef to the skillet. Sprinkle with salt, pepper, and remaining 1/2 tsp. each garlic powder and onion powder. Cook, stir, and crumble until veggies have softened and beef is fully cooked, about 8 minutes.

Carefully add tomato mixture to the skillet. Cook and stir until hot and well mixed, about 2 minutes. Remove from heat.

Use a fork to scrape out spaghetti squash strands. Place in a strainer to drain excess moisture. Thoroughly blot dry, removing as much moisture as possible. Transfer 5 cups to a large bowl. (Reserve any extra squash for another time.)

Top squash with saucy beef, stir, and serve.

MAKES 4 SERVINGS

**Time-Saving Alternative:** Instead of baking the squash, cook it in the microwave. After scooping

out and discarding the seeds, place one half of the squash in an extra-large microwave-safe bowl, cut side down. Add 1/4 cup water, cover, and cook for 7 minutes, or until soft. Repeat with remaining squash half.

**Another Alternative:** [Slow-cook your spaghetti squash!](#) Just set it and forget it...

**SmartPoints®** value\* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the **SmartPoints®** values\* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

\*The **SmartPoints®** values for these recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by Weight Watchers International, Inc., the owner of the **SmartPoints®** trademark.

---

Publish Date: May 12, 2015

Author: Hungry Girl

Copyright © 2020 Hungry Girl. All Rights Reserved.