

SPAGHETTI SQUASH LASAGNA

INGREDIENTS

SERVINGS: 4 • SERVING SIZE: 1 LASAGNA, CALORIES: 291.0 • FAT: 13.7 G • SODIUM: 358.3 MG

INGREDIENTS:

1 POUND LEAN GROUND BEEF OR TURKEY

1 TABLESPOON ITALIAN SEASONING

2 CUPS MARINARA SAUCE (YOUR FAVORITE SPAGHETTI SAUCE)

3 CUPS COOKED ROASTED SPAGHETTI SQUASH

1 CUP PART SKIM RICOTTA

8 TSP PARMESAN CHEESE

6 OZ PART SKIM SHREDDED MOZZARELLA

PEPPER TO TASTE

DIRECTIONS:

PREHEAT OVEN TO 375°.

COOK AND CRUMBLE GROUND BEEF OR TURKEY UNTIL BROWN, SEASON LIGHTLY WITH ITALIAN SEASONING AND PEPPER MIX WITH MARINARA. LADLE 1/4 CUP MARINARA SAUCE ON THE BOTTOM OF BAKING DISH. TOP WITH 3/4 CUP OF COOKED SPAGHETTI SQUASH AND SPREAD EVENLY. TOP WITH 1/4 CUP RICOTTA.

SPRINKLE 1 TEASPOON OF GRATED PARMESAN CHEESE AND MOZZARELLA. ADD THE REMAINING SAUCE, PARMESAN AND MOZZARELLA CHEESE. SPRINKLE WITH ITALIAN SEASONING

COVER WITH FOIL AND BAKE FOR 15 – 20 MINUTES, OR UNTIL THE CHEESE IS MELTED AND THE EDGES BEGIN TO BUBBLE; UNCOVER AND COOK AN ADDITIONAL 5 MINUTES.

