

Spaghetti Squash Baked Lasagna

Have you tried spaghetti squash yet? It is a great lower carb alternative to pasta. This recipe does take a little longer to prepare. I usually try to bake up the spaghetti squash ahead of time so that I can get it ready a little quicker. I also like to add in additional basil and oregano or Italian seasoning depending on the sausage or marinara I have on hand. If you are raving Italian, try it and I guarantee you won't be disappointed!

Ingredients:

- 1 spaghetti squash, halved and seeded
- 5 sprays oil spray (either oil in a spritzer bottle or cooking spray)
- 1 lb lean Turkey Italian Sausage, ground or casings removed if links
- 1 onion, chopped
- 2 cloves garlic, pressed or minced
- 10 oz marinara sauce (lowest sugar you can find)
- 1/2 cup light Ricotta cheese
- 1/2 cup shredded part-skim mozzarella cheese



Directions:

1. Heat oven to 400F.
2. Spray cut sides of spaghetti squash with olive oil or cooking spray. Place cut side down on a baking sheet and bake for 30 minutes.
3. Meanwhile, brown the turkey sausage with onions and garlic. Drain if needed. Add marinara sauce and stir to combine.
4. Remove from heat and stir in remaining 2 ingredients - ricotta and mozzarella.
5. Remove squash from the oven and scoop turkey sausage mixture into the wells of the squash. (You may have extra meat sauce leftover. Refrigerate and heat up for a quick lunch!)
6. Return to oven and bake another 15 or 20 minutes. Remove from oven and let cool before serving. Cut into halves or thirds. I personally used my fork to scrape out the squash from the rind and eat it with the meat mixture.