

Spaghetti Squash Lasagna

4 Servings: Carb 17g | Protein 41g | Fat 15g
1 Leaner | 3 Green | 1 Healthy Fat | 3 Condiments

Ingredients

1 medium spaghetti squash
4 tsp olive oil, divided
1 tsp salt, divided
1 tsp pepper, divided
2 tsp minced garlic
1 lb 95–97% lean ground turkey
1 14.5-oz can diced tomatoes
½ tsp onion powder
1 tsp basil, divided
1 tsp whole leaf oregano, divided
¼ cup part-skim ricotta
½ cup 1% cottage cheese
1 tsp crushed red pepper flakes
1 cup shredded low-fat mozzarella



Instructions

Preheat oven to 400°F.

Prepare the spaghetti squash. Cut in half, and remove seeds and stringy pulp. Rub one teaspoon olive oil into each squash half and season each with one-quarter teaspoon each of salt and pepper. Place each spaghetti squash half face down in large baking dish and bake for 40 to 60 minutes, until middle is tender and pulls apart easily.

Meanwhile in a large saucepan, sauté garlic in remaining olive oil over medium heat until fragrant. Add turkey. Season with one-quarter teaspoon each of salt and pepper, and cook until browned.

Add tomatoes, onion powder, and one-half teaspoon each of basil and oregano. When sauce starts to bubble, reduce heat to a simmer until thickened (about three to four minutes).

Combine ricotta and cottage cheese in a medium bowl. Season with crushed red pepper flakes and remaining basil, oregano, salt, and pepper. Lightly mix until combined.

When spaghetti squash is fully cooked, flip in the baking dish so that it is now skin-side down. Lightly scrape flesh with a fork to create spaghetti-like strands.

Evenly divide ricotta mixture between each squash half. Repeat with meat sauce. Top each half with one-half cup of mozzarella cheese.

Turn oven to broil, and cook for an additional two minutes, until cheese is browned and bubbling. Serve immediately.