



Stuffed Spaghetti Squash



prep time
15 minutes



total time
75 minutes



servings
6+

Ingredients

- 2 small to medium spaghetti squash
~ 4-6 carb servings
- 1 lb/450 grams lean ground meat of choice ~ 12.5 protein servings
- 1 medium yellow onion, diced
~ 1 veggie serving
- 1 24-oz/720 grams can of crushed tomatoes ~ 8 veggie servings
- 8 oz/240 grams Mushrooms such as button or baby portobello, sliced
~ 2 veggie servings
- 1 Tsp Oregano or other italian seasoning
- 3 (or more!) cloves of garlic, chopped or crushed
- Salt and Pepper to taste
- ½ to ¾ cup/50-80 grams Shredded mozzarella or italian blend cheese
~ 1.5-3 protein, 0.5-1 fat servings

Serving Options:

- Serve with salad, or another roasted veg
- Top with red chilli flakes, grated parmesan cheese
- A teaspoon of tomato paste will help deepen the flavor if you are short on simmer time
- If using a larger squash, you may want to cut one of the halves in half again before serving
- Can be made vegan by substituting TVP, other ground meat-sub, lentils, omit the cheese

 bulk meal prep

Instructions

- 1 Preheat oven to 400°
- 2 Slice the spaghetti squash lengthwise and scoop/discard the seeds. Place the squash cut side down on a baking sheet lined with parchment (for easy cleanup.) Roast for 30 min, remove and allow to cool.
- 3 While the squash is roasting, saute the onion in the oil on medium low heat until translucent and the edges start to brown, at least 10 min. The longer you cook, the more the onions will caramelize.
- 4 Add the mushrooms and continue to saute until browned and reduced, another 10 min.
- 5 Add the beef or turkey, saute and break up with a wooden spoon until fully cooked, about 10 minutes. If you are not using lean beef, you may want to strain the fat at this step.
- 6 Add spices and garlic, stir for 2-3 minutes, scraping all the brown bits off the bottom of the pot.
- 7 Add the crushed tomatoes, then simmer everything covered on low for 30 minutes or longer for a deeper flavor, adding a bit of water if the sauce gets too thick. Season to taste with salt and pepper.



- 8 When the squash has cooled enough to handle, use a fork to scrape the squash out of the shell and into a bowl, taking care not to rip the squash skin. This works best by using the tines of a fork and scraping the squash from one side to the other side. Scoop 1 cup of the spaghetti sauce on top of the squash, mix it together, and return to the squash skin. Repeat this for each of the squash halves.
- 9 Top all squash halves with cheese, if using.
- 10 Return to oven for 10-15 minutes, until top is brown and bubbling.

Prep idea: double the recipe except the squash, freeze half the sauce!

Whole Recipe Breakdown:
14-15.5 Servings Protein
4-6 Servings Carb
0.5-1 Servings Fat
11 Servings Veggies

