



Baked Spaghetti Squash Casserole



prep time
45 minutes



total time
1 hr, 45 min



servings
4-6

Ingredients

Noodles

- 1 small to medium spaghetti squash, ~ 1 to 2 servings of carb
- salt & pepper

Meat Sauce

- 1 lb/450 grams lean ground beef ~ 13 servings of protein
- 1 medium onion, ~1 serving of veggies
- 2 tbsp minced garlic
- 28 oz/840 grams canned crushed tomatoes, ~ 9 servings of veggies
- 14.5 oz/435 grams canned diced tomatoes, 5 servings of veggies
- 1 tsp garlic powder
- 1 tsp dried oregano
- 1 tsp dried basil
- 1/2 tsp onion powder
- 1/2 tsp crushed red pepper
- 3/4 tsp salt
- 1/2 tsp pepper

Eggs

- 3 eggs, ~ 3 servings of protein, 1 serving of fat

Toppings

- 3-4 medium tomatoes, (sliced into thin circles), ~ 4 servings of veggies
- 1/4 cup chopped fresh basil

Instructions

- 1 Preheat oven to 400 degrees.
- 2 Slice your spaghetti squash in half length wise. Scoop out the seeds and gooey center. Sprinkle with salt and pepper. Lay cut side down on a baking sheet. Bake for 40 minutes. You'll know it's done because the skin will give a little under pressure and the cut side (with the noodles) will have some browning. While your squash is baking, move on to the next step. Once your spaghetti squash is cooked remove from oven and reduce oven temperature to 375 degrees.
- 3 Add ground beef and diced onion to large pan. Cook over medium to medium high heat until beef is browned. Once browned, turn off heat. Add remaining meat sauce ingredients. Stir until well combined.
- 4 Scoop out 1 1/2 cups of the finished meat sauce and set aside.
- 5 In a separate bowl whisk the eggs thoroughly.
- 6 Pour your whisked eggs into the meat sauce remaining in the pan and stir until the eggs are completely mixed in.
- 7 Brush olive oil along the inside of a 9 x 13 baking dish to prevent sticking.
- 8 Use a fork to pull the spaghetti squash out of the skin and add to the baking dish.

You want them to be noodle-like so if they clump together some just separate with your fork.

- 9 Add your meat sauce/egg mixture (remember you should still have 1 1/2 cups of the meat sauce without any egg set aside). Stir together with your squash using a fork or spoon. Spread in your baking dish.
- 10 Pour the 1 1/2 cups meat sauce you set aside over top and spread.
- 11 Add the sliced tomatoes in a single layer. Sprinkle with salt and chopped fresh basil.
- 12 Place in the oven and bake at 375 degrees for 1 hour. Remove from oven and let sit for 5 to 10 minutes before cutting. (Any additional moisture on the top should absorb back into the casserole while it sits.)

If you prefer to have a meatless meal, you can skip the ground meat and egg. It may end up with a different texture but give it a shot - it will still taste yummy!

Whole Recipe Breakdown:

Protein: 16 servings
Carb: 1 to 2 servings
Fat: 1 serving
Veggies: 19 servings

