

Spaghetti Squash Casserole

Servings: 4

RECIPE BOX

INGREDIENTS

1 LARGE SPAGHETTI SQUASH
1 YELLOW BELL PEPPER, CHOPPED
1 ZUCCHINI, CHOPPED
2 CLOVES GARLIC, FINELY CHOPPED
2 TBSP OLIVE OIL
1 CUP MARINARA (USE A THICKER CONSISTENCY)
1 1/2 CUPS SHREDDED MOZZARELLA
2 TSP ITALIAN SEASONING
SALT & PEPPER TO TASTE



DIRECTIONS:

STEP 1: Slice spaghetti squash in half lengthwise. Scoop out seeds, spray with olive oil and place cut side down.

STEP 2: Bake at 400 for 30-40 minutes. Scrape out like spaghetti using a fork.

STEP 3: While spaghetti squash is baking, place 1 TBSP olive oil and garlic in pan, cook for 2-3 minutes.

STEP 4: Add bell pepper and zucchini, cook for 4-5 minutes over medium heat. Add marinara sauce, Italian seasoning and salt/pepper.

STEP 5: Spray a baking dish with cooking spray (or olive oil). Layer spaghetti squash, then marinara mix, then cheese, repeat. Bake at 350 for 25-30 minutes.

GF This recipe is gluten free as written.

V This recipe is vegetarian as written.

Nutrition per Serving: Calories 111, Total Fat 10g, Carbs 8g, Protein 2g, Fiber 2g, Sugars 4g.

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