

# Spaghetti Squash Lasagna

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This sinfully delicious Spaghetti Squash Lasagna is made with all-natural marinara, part-skim ricotta cheese, grated Parmesan cheese, and healthy spaghetti squash.

## INGREDIENTS

- 1 small spaghetti squash (approx. 3½ to 4 lbs.)
- Nonstick cooking spray
- 4 cups all-natural marinara sauce
- 3 cups part-skim ricotta cheese
- 1 cup grated Parmesan cheese
- ¼ cup finely chopped fresh basil (optional)

## INSTRUCTIONS

1. Preheat oven to 375° F.
2. Line large baking sheet with parchment paper. Set aside.
3. Cut spaghetti squash in half lengthwise. Remove seeds and membrane.
4. Place spaghetti squash, cut side down, on a baking sheet. Bake for 40 to 45 minutes, or until tender.
5. Reduce oven temperature to 350° F.
6. Scrape spaghetti squash flesh into stringy noodles.
7. Lightly coat a 4-quart baking dish with spray.
8. Evenly layer half spaghetti squash, half marinara sauce, and half ricotta cheese in baking dish. Repeat with the second layer.
9. Evenly top with Parmesan cheese.
10. Bake for 30 to 32 minutes, or until golden brown and bubbly.
11. Garnish with basil (if desired).

ENJOY!

