

Are You In?

Spaghetti Squash Casserole

Ingredients

- 1 spaghetti squash
- 1 tbsp oil
- 1 pound lean ground beef
- 1 onion, diced
- 2 cloves garlic, minced
- 1 can (15 ounces) diced tomatoes
- 1 tbsp tomato paste
- 1 cup pasta sauce
- 1 tsp Italian seasoning
- 1½ cups shredded mozzarella cheese

Directions

1. Preheat oven to 400 degrees F.
2. Cut spaghetti squash in half lengthwise. Scoop out the seeds and strings - discard, or save seeds for roasting. Drizzle cut sides with oil and place cut side down on a lined baking sheet. Bake for about 45 minutes, until it pierces easily with a fork. Once cooked, use a fork to scrape the strands of spaghetti squash. Remove strands and set aside. Discard the outer rind of the squash.
3. In a medium saucepan, cook the ground beef, onion and garlic until no pink beef remains. Drain any fat.
4. Add diced tomatoes, tomato paste, pasta sauce and seasoning. Simmer for 5 minutes.
5. Stir in squash. Place in a casserole dish. Top with cheese. Bake for about 20 minutes or until golden and bubbly.

Original recipe source: www.spendwithpennies.com