



Spaghetti Squash Lasagna

Makes 6 servings

Ingredients

6 cups, or one medium, spaghetti squash
3 cups spaghetti sauce
1 pound ground turkey
8 ounces mozzarella cheese

1 teaspoon black pepper
1 teaspoon garlic powder
1 teaspoon onion powder

Instructions

1. Cut off spaghetti squash stem, and then cut it in half long ways.
2. Scrape out seeds.
3. Place spaghetti squash halves face down in a baking sheet in $\frac{1}{2}$ inch of water.
4. Bake at 350 degrees for 40 minutes, or until you can poke a fork through the skin.
5. Brown the ground turkey and season with the pepper, garlic and onion.
6. Scrape out spaghetti squash and place in a baking dish.
7. Top with sauce, ground turkey and cheese.
8. Bake covered at 350 degrees for 20 minutes, or until sauce bubbles.
9. Serve hot.

Nutrition Facts

Serving size: $\frac{1}{6}$ recipe; calories per serving: 190; carbohydrate: 14g; protein: 24g; fat: 8g; saturated fat: 2g; sugars: 7g; fiber: 3g; cholesterol: 80mg; sodium: 441mg

Created by Kristin Scott and verified by BlueCross Food Services

