

THANK YOU FOR REQUESTING THE SPAGHETTI SQUASH LASAGNA RECIPE
IF YOU LIKE THIS RECIPE YOU WILL
ABSOLUTELY LOVE ❤️ THE TOTAL HEALTH PROGRAM I AM FOLLOWING.
I AM ACHIEVING RESULTS LIKE NEVER BEFORE!!
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Spaghetti Squash Lasagna

ingredients

- 4 lb spaghetti squash - you will only need 4 cups
 - 8 oz part skim ricotta
 - 8 oz reduced fat mozzarella cheese, divided
 - 2 tbsp egg beaters
 - 2 tbsp grated Parmesan cheese
 - 2 cups Italian diced tomatoes with less than 5 g of carbs per 1/2 cup, divided
- (I use Rao's Marinara Sauce)**
- 1/4 tsp garlic powder
 - 1/8 tsp salt
 - 1/8 tsp pepper
 - 2 tsp olive oil
 - 6 oz Jennie O Italian seasoned ground turkey, **cooked**

4 servings with 3 Greens, 1 Lean, 1/2 Healthy Fat, and
Less than 1 Condiment per serving.

directions

Preheat oven to 400 degrees. Prick squash with fork or metal skewer and cook in Microwave (cook for 5 and turn.... cook another 5 and turn cook for 5 more minutes still outside is soft)
Cut in half and scoop out the seeds and discard.

Use a fork or spoon to scoop out the rest of the squash and set aside in a bowl.

Measure out 4 cups of spaghetti squash and store the rest in the fridge. Add oil to a skillet over medium heat.

Saute the 4 cups of squash for a few minutes until it begins to brown. Add garlic powder, salt and pepper, if desired. Mix ricotta cheese, parmesan, egg beaters and 4 oz or 1 cup of mozzarella cheese together.

Preheat oven to 375 degrees. Pour 1 cup of the diced tomatoes on the bottom of a 9 inch or 8 inch square casserole dish and spread evenly. Add squash. Top the squash with the ricotta cheese mixture. Then top the ricotta cheese mixture with the cooked ground turkey. Spread 1 cup of diced tomatoes over the meat. Bake for 35 minutes. Spread the rest of the mozzarella cheese over the top (1 cup) and bake an additional 25 minutes until cheese is melted and lightly brown. Let rest for 10 minutes or so to serve.