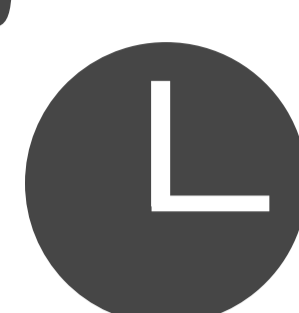




Spaghetti Squash Casserole



Prep: 20 mins
Cook: 40-60 mins



Serves: 8



Ingredients:

- 2 spaghetti squash
- 1 lb. ground chicken
- 1 large onion diced
- 8-16 oz. container of mushrooms cut to desired size
- 2-3 cups of raw spinach
- 2 tsp. olive oil
- 2 cloves garlic minced or 1 tbsp. minced from jar
- 15 ounces diced tomatoes canned
- 1.5 cups marinara or pasta sauce
- 1 tbsp. Italian seasoning
- 1 ½ cups shredded mozzarella or parmesan cheese*

*optional



Follow these 4 easy steps:



1

1. Preheat oven to 400 F. and cut squash in half (Prior to cutting you can poke holes all over the squash and microwave each for 2 minutes to make cutting easier). Remove seeds with a spoon. Rub olive oil on the inside of the squash and season with salt and pepper. Cook face down on baking sheet for 40 minutes. Flip squash after removing them from the oven and let cool for 10 minutes.



2

2. While the squash is cooking put ground chicken in a large skillet until lightly brown. Add onions and 1 tsp. olive oil to skillet for 3-4 minutes, then add mushrooms and sauté until vegetables are cooked thoroughly.



3

3. Destem spinach. Add spinach, tomatoes, garlic, seasoning, and sauce to the ground chicken skillet. Let simmer for 5-10 minutes.



4

4. After spaghetti squash has sat for 10-20 minutes, use a fork to scrape out the squash into desired casserole dish. After all of the squash has been added to casserole dish pour the ground chicken mixture on top of the spaghetti squash and stir together.

And voila! It's done!



Optional: Add cheese on top of casserole and bake for an additional 20 minutes at 325 F. or stir into casserole and let melt.