

Spaghetti Squash Bake

Serving Size: 1 cup

Ingredients

- 1 large spaghetti squash
- 1 jar garden vegetable spaghetti sauce
- 8 ounces sliced mushrooms
- 1 small onion chopped
- 1 Tbsp olive oil
- 1 cup 2% reduced fat or fat-free mozzarella cheese

Directions

1. Preheat oven to 375 F
2. Cut squash lengthwise and scoop out the seeds with a spoon. Place the squash cut side in a baking dish. Add 1/4 " water. Cover and bake for 30 minutes or until tender enough to pierce with a fork.
3. Sautee sliced mushrooms and chopped onion in skillet with olive oil until tender.
4. Add spaghetti sauce, stir to combine ingredients, bring to a boil and reduce heat to a simmer.
5. Once squash cool enough scrap length wise with a fork and place strands in a bowl.
6. Mix sauce and squash together and place in a 9" casserole dish.
7. Add cheese evenly to top and bake for 30 minutes at 350 F .

CAKES

1 cup
1 cup
1 cup

Spicy
Crab

1 cup
1 1/4 cup
3 cups

mint
herbs

1 1/2 cup
1/4 cup
2 1/4 cup

1/2 cup
1/2 cup
350°

to 35
to 30
to 24

1 cup
1 cup
1 cup

spoons
milk

3 tabl
1 pou