



SPAGHETTI SQUASH CASSEROLE

INGREDIENTS:

[FOR THE SQUASH]

- 1 medium-sized spaghetti squash,
cut in half lengthwise and de-seeded
- 2 tsp olive oil
- 2 tsp salt
- 1 tsp ground black pepper

[FOR THE CASSEROLE]

- 1 lb ground turkey
- ½ tsp olive oil
- 1/2 c white or yellow onions, diced
- 1 can tomato sauce
- 1 can tomato paste
- 2 tbsp Italian seasoning
- 1 c parmesan cheese, grated
- Salt & pepper to taste



Preheat oven to 375 degrees

PREPARATION:

- 1- Divide the ingredients for the squash in half. Rub the oil, salt, & pepper into each half. With the cut side up, place each half of the squash on a baking sheet & bake in the middle of the oven for 20 minutes.
- 2- Add the onions & olive oil to a saucepan. Cook on medium high heat for 1 minute. Add the meat, stir to mix together, & cook for 4 minutes. Add the tomato paste, stir to mix the ingredients together, cover the saucepan & reduce the heat to medium low. Cook for additional 5 minutes.
- 3- Remove the squash from the oven. Reduce to oven temperate to 375 degrees. Rack a fork over the flesh of the squash to make the spaghetti squash. Place the squash in a large bowl.
- 4- To this bowl, add the saucepan ingredients & the remaining casserole ingredients. Stir to mix well.
- 5- Pour the mixture into a greased baking dish. Bake in the middle of the oven for 20 minutes.
- 6- Add more grated parmesan onto of the casserole. Serve & enjoy!

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