

Healthy Recipe of the Month

October



Spaghetti Squash Boats

ACTIVE TIME:

20 minutes

TOTAL TIME:

1 hour 15 minutes

SERVINGS:

4

**INGREDIENTS:**

- 2 medium spaghetti squash
- 4 teaspoons olive oil divided use
- 1 pound lean ground beef 93% lean
- $\frac{3}{4}$ teaspoon kosher salt
- $\frac{1}{2}$ teaspoon black pepper
- $\frac{1}{2}$ teaspoon onion powder
- $\frac{1}{2}$ teaspoon garlic powder
- 1 $\frac{1}{2}$ cup marinara sauce (I use Rao's)
- Basil or parsley for garnish (optional)

DIRECTIONS:

1. Preheat oven to 400°F.
2. Wash the outside of the spaghetti squash and pat it dry with paper towels. Cut the squash in half lengthwise. To make it easier to cut, you can microwave the squash first to soften it. To do this, place the raw

squash on a cutting board. With a sharp paring knife, make several slits in the skin along the line where you will eventually cut it in half lengthwise. Place the squash on a plate and cook it in the microwave on high for 3-4 minutes until slightly softened. Once the squash is cool enough to handle, place it on the cutting board. Using a sharp chef's knife, cut it in half lengthwise along the slits you made with a sharp knife.

3. Scoop out the seeds of the squash with a spoon. Brush the flesh with 1 teaspoon olive oil and season with salt and pepper.

Place the squash halves cut-side down on a baking sheet lined with parchment paper. Roast in the oven about 40-45 minutes, until tender when pierced with a fork. Remove from oven and cool.

4. While the squash is cooking, make the sauce. Heat the remaining 3 teaspoons olive oil in a large sauté pan over medium high heat and add the ground beef. Season with salt, pepper, onion powder, and garlic powder. Brown the beef, breaking it up as it cooks. Drain any excess liquid from the pan. Stir in the marinara sauce and simmer a few minutes longer.

5. When the squash is cool enough to handle, scrape the flesh with a fork so that it forms spaghetti-like strands. Add the squash to the skillet and stir to combine.

6. Spoon the mixture into the spaghetti squash halves. Top with shredded cheese. Return the spaghetti squash to the oven and cook until cheese is melted, about 10 minutes.

7. Remove from oven, garnish with parsley or basil, if desired. Dig in!

NUTRITIONAL INFORMATION:

1 squash boat

| **Calories:** 313kcal | **Carbohydrates:** 15g | **Protein:** 27g | **Fat:** 16g | **Saturated Fat:** 4g | **Polyunsaturated Fat:** 1g | **Monounsaturated Fat:** 5g | **Trans Fat:** 0.4g | **Cholesterol:** 70mg | **Sodium:** 851mg | **Potassium:** 558mg | **Fiber:** 3g | **Sugar:** 7g | **Vitamin A:** 173IU | **Vitamin C:** 3mg | **Calcium:** 46mg | **Iron:** 3mg

<https://thefoodiephysician.com/spaghetti-squash-boats/>