



Dinner Recipes

Spaghetti Squash with Meat Sauce



Ingredients:

- *1 large spaghetti squash*
- *1 can red sauce*
- *1 package 93% lean ground beef, lean turkey or buffalo*
- *1 chopped green pepper*
- *1 cup chopped mushrooms*

Directions:

1. *Preheat oven to 375 degrees*
2. *Cut squash in half and scoop out all of the seeds.*
3. *Place on a baking sheet face up and bake for 35-40 minutes*
4. *Brown the meat in a medium sauce pan*
5. *In another sauce pan, sauté the green peppers and mushrooms*
6. *Combine the meat, peppers and mushrooms and add in the tomato sauce*
7. *Once the spaghetti squash is done, let cool then scoop out the inside (it will resemble spaghetti)*
8. *Pour over the meat sauce over the squash and enjoy!*