Lasagna Stuffed Spaghetti Squash

Makes four servings. Each serving has 150 calories, 4.5 g fat, 10 g protein, 20 g carbohydrates, 0 g fiber and 300 mg sodium.

Squash preparation: Using a large serrated knife, carefully cut spaghetti squash in half lengthwise. Use a spoon to scrape out and discard seeds.

Cook: Oven: Place cut side down on parchment-lined pan in 425 F oven for 35-45 minutes. OR Microwave: Place cut side down on parchment paper. Cook on High for 8-11 minutes.

DIRECTIONS:

INGREDIENTS:
1 small spaghetti squash
1/2 c. low-fat cottage cheese
2 Tbsp. parmesan cheese
1/3 c. marinara sauce
1/2 c. mozzarella cheese, divided
1/2 c. spinach
1/2 c. favorite vegetables (peppers, broccoli, etc.)

Cook squash and shred with fork.

Combine cottage cheese, Parmesan, marinara, 1/4 cup mozzarella and spinach.

Divide mixture among squash halves.

Top with 1/2 cup favorite vegetables.

Sprinkle on remaining mozzarella.

Broil for 2-3 minutes or until cheese is golden brown.