Lasagna Stuffed Spaghetti Squash

Makes four servings. Each serving has 150 calories, 4.5 g fat, 10 g protein, 20 g carbohydrates, 3 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. 
- **Microwave:** Place cut side down on parchment paper. Cook on High for 8-11 minutes.

**DIRECTIONS:**

1. **Cook squash and shred with fork.**
2. **Combine cottage cheese, Parmesan, marinara, 1/4 cup mozzarella and spinach.**
3. **Divide mixture among squash halves.**
4. **Top with 1/2 cup favorite vegetables.**
5. **Sprinkle on remaining mozzarella.**
6. **Broil for 2-3 minutes or until cheese is golden brown.**

**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.)