



SPAGHETTI  
SQUASH  
CASSEROLE



# Creamy Spaghetti Squash Casserole

with ricotta cheese and spinach

- 3 1/2 pounds uncooked spaghetti squash (halved lengthwise & seeded)
  - 1 Tsp extra virgin olive oil
  - 1 small yellow onion, finely chopped
  - 2 cups grape tomatoes, halved
  - 2 large garlic cloves, chopped
  - 6 oz. fresh baby spinach (about 6 cups)
  - 15 oz. ricotta cheese, part-skim
  - 1/2 cups mozzarella cheese, part-skim, shredded
  - 3 Tbsp Parmesan cheese, grated
  - 1/4 cup fresh basil, chopped
  - 1 Tsp salt
  - 1/2 Tsp black pepper, freshly ground
- 1** Preheat oven to 400° F. Poke holes in spaghetti squash and place in microwave on HIGH for 4 to 5 minutes, or until tender. Let cool, then scoop out seeds.
  - 2** In a large nonstick skillet, heat oil on medium-high heat. Cook onion, stirring occasionally, until golden brown and tender - 5 minutes. Stir in grape tomatoes and garlic. Cook until tomatoes start to soften - 3 minutes, stirring frequently. Add spinach to skillet, stirring until wilted - 1 minute, then remove from heat.
  - 3** Scoop spaghetti strands into skillet and toss to coat. Stir in ricotta, 1/4 cup mozzarella, 2 Tbsp Parmesan cheese, basil, salt and pepper. Transfer to a 2-3 quart baking dish. Sprinkle with remaining Parmesan and mozzarella.
  - 4** Bake 15-20 minutes, until bubbly around edges and top is golden brown.