

# Spaghetti Squash Lasagna

Provided by Denny Babel

## Ingredients

- 1 large (3-4 lbs.) spaghetti squash
- 2 Tbsp. extra virgin olive oil
- 1 tsp. each sea salt
- 1 tsp. black pepper (salt & pepper taste, plus more for squash)
- 12 oz. cottage cheese (or fresh ricotta)
- ½ cup grated pecorino cheese (or romano or parmesan)
- ½ cup fresh basil, packed then chopped (or baby spinach)
- 1 Tbsp. dried oregano
- 1 egg, beaten
- ¼ cup shredded mozzarella cheese
- 1 23-oz. jar of marinara sauce



## Instructions

1. Preheat the oven to 400° and line a large baking sheet with foil.
2. Halve your spaghetti squash lengthwise using a sharp knife and scrape out the seeds
3. Brush the interior with oil and sprinkle with a little salt and pepper.
4. Place cut-side up on baking sheet & roast for 45 min. or until a knife easily pierces the skin and flesh.
5. Remove from oven and set aside to cool slightly.
6. Reduce oven heat to 375°
7. Add all remaining ingredients (except mozzarella) to a bowl then mix well.
8. Taste and adjust seasonings as needed, adding more herbs, salt, and pepper for flavor
9. Once fully baked, use a fork to scoop out spaghetti squash in fine strings. Set aside.
10. Layer 1/3 of the squash strands, then cheese mixture, then marinara sauce into the two empty squash shells
11. Repeat layers until all squash strings, filling and marinara are used up —about 3 layers— making sure that the top layer is sauce.
12. Sprinkle on shredded mozzarella as a final topping.
13. Return the filled squash shells to the baking sheet and loosely cover with foil.
14. Bake for about 20 min at 375°.
15. Remove foil and bake for an additional 10 min, until the sauce is bubbly and the top is golden brown.  
(Note: Cover with foil again if you see that the squash is browning too quickly.)
16. Let cool briefly, then serve.

Best when fresh. Store leftovers covered in the refrigerator for 2-3 days. Reheat in a 350° oven for 20-25 min. or until completely warmed through.

Denny notes, “It’s a healthy and flavorful meal that’s perfect for fall & winter!”