



# RECIPES

## Cheesy Spaghetti Squash Lasagna Boats

### INGREDIENTS:

- 2 medium spaghetti squash (about 5 cups cooked)
- 1 tablespoon olive oil
- 1 cup part skim ricotta cheese
- 4 tablespoons parmesan cheese
- 4 tablespoons chopped basil or parsley
- ¾ cup mozzarella cheese

#### For the sauce:

- 10 medium mushrooms, sliced
- 1 tablespoon olive oil
- 1 onion
- 3 cloves garlic
- 1 (28oz) can crushed tomatoes
- 1 tsp Italian seasoning
- 1 dried bay leaf
- Red pepper flakes, salt and pepper to taste

### INSTRUCTIONS:

1. Preheat oven to 400°F. Cut spaghetti squash in half lengthwise and scoop out seeds and membrane (if difficulty cutting, place whole spaghetti squash in oven for 15-20 min until slightly soft and then cut).
2. Rub inside of squash with olive oil and place face down on pan, cook for 40-50 minutes or until able to pierce shell with knife or fork.
3. While squash is cooking, heat oil in large sauté pan, add onion and cook 5 minutes, add minced garlic and mushrooms and cook an additional 3-5 minutes.
4. Add tomatoes, seasoning, salt, pepper and bay leaf to pan. Cover and let simmer for 15 minutes.
5. When squash is cooked and cool enough to handle, use a fork to pull flesh from skin. Place flesh in bowl and pat with paper towel getting some of the water out. Mix half the sauce with squash.
6. In the empty shell, place spoonful of ricotta mixture, place squash sauce mixture in shell and top with remaining sauce, ricotta cheese and 2-3 tablespoons mozzarella cheese.
7. Bake 20-30 minutes or until hot and melted.

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Adapted from: <http://www.skinnytaste.com/2013/12/spaghetti-squash-sausage-lasagna-boats.html>

