

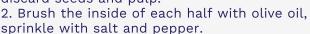
Squash Spaghetti

Ingredients:

1 spaghetti squash 2 tbs olive oil Salt and pepper 1/4 chopped onion 1/2 lb ground beef or turkey 1 jar marinara sauce 2 tbs chopped basil 1 tsp Italian seasoning 1/3 cup parmesan cheese

Procedure:

1. Trim ends of squash and cut in half lengthwise. Using a large spoon, scrape and discard seeds and pulp.



- 3. Cook halves, cut side down, in a microwave until tender. Check them every 5 mins. Remove them when you can easily prick the outside flesh with a fork.
 - 4. When cool enough to handle, use fork to scrape the flesh in long spaghetti strands.
 - 5. In a skillet, cook meat and onions.
 - 6. Add marinara sauce, basil and Italian seasoning. Cook for 15 mins.
 - 7. Add squash and heat until warm.
 - 8. Top with cheese and enjoy!

