

Roasted Spaghetti Squash with Meat Sauce 1/14/17 2:23 PM

Squash:

- Preheat oven to 400°F
- Line two rimmed sheet pans with nonstick foil
- Cut in half lengthwise (you will need to slice off the stem in order to cut through the squash)
- Scoop out seeds
- Brush with oil of your choice (I used avocado) and season with salt and pepper.
- Place squash halves face down on prepared sheet pans.
- Bake for 30-40 minutes (depending on size of squash) until shell is pliable and insides are soft.

Meat Sauce:

- In large dutch oven heated to medium high, brown ground beef until no longer pink. Drain any excess liquid.
- Pour in your favorite jarred tomato sauce and simmer on low for 20 minutes.

To Serve:

- Scrape spaghetti squash with a fork so it forms "spaghetti". Serve in the shell or on a plate.
- Top with generous portion of meat sauce.