

Cheesy Veggie "Pasta" Spaghetti Squash Bake

Adapted from: Fit Sugar

Prep time: 15-20 minutes

Cook time: 30 minutes

Total time: 45-50 minutes

Serves: 6



Ingredients

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|--------------------------|----------------------------------|
| 1 whole spaghetti squash | 2 cloves garlic, minced |
| 2 tbsp. olive oil | 1 tomato, diced |
| 1 red pepper, diced | 16 oz. tomato sauce |
| 1 zucchini, diced | 4 oz. shredded mozzarella cheese |
| 1 carrot, shredded | ¼ cup shredded parmesan |

Instructions

1. Preheat oven to 350°F. Poke spaghetti squash all over with a knife and cook in the microwave for 8 to 12 minutes until soft. If you don't have a microwave, place the poked squash on a baking pan and bake at 375°F for 45 to 60 minutes. While that's cooking, add the oil, garlic, pepper, zucchini, and carrots to a pan, cooking over medium heat.
2. Cut the squash in half, scoop out the seeds, and with a fork, scrape the flesh from the peel. It should flake off easily in strings, resembling spaghetti.
3. Place the spaghetti squash flesh in a casserole dish. Add the cooked veggies, diced tomato, sauce, and most of the cheese mix as well. Sprinkle leftover cheese on top and bake for 30 minutes, or until the cheese is bubbly.
4. Allow to cool for 5 minutes, serve, and enjoy!