



Spaghetti Squash Casserole

Author: Jodi Hoffmann

Category: Entree

Preparation Time: 40 min

Cooking time: 40 min

Servings: 8

A note before you start:

This is a very versatile recipe in that you can add in layers of your choice; for example, wilted spinach would be a nice add here. You can also change out the cheese for one you like better. I prefer using pureed cottage cheese in place of ricotta as it has less calories and a slightly higher protein content.

Ingredients:

1 lb ground chicken or turkey

1 medium spaghetti squash

2 medium zucchini

1/3 cup diced onions

2 medium tomatoes

2 cups shredded gruyere cheese

1 cup pureed cottage cheese or ricotta cheese (see a note before you start above)

3 Tbsp olive oil divided

2 Tbsp Italian seasoning divided

2 tsp of kosher salt plus 1 Tbsp for salting the sliced zucchini

1 tsp of pepper

2/3 cup bread crumbs (optional)

Step 1: Preheat the oven to 375 degrees. Microwave the spaghetti squash on high for 3-5 minutes. This makes it easier to slice in half.

Step 2: Slice the spaghetti squash in half lengthwise and place cut sides down on a parchment lined baking pan and roast for 40 min. When the outer skin can easily be pierced by a knife or fork, it's done. Remove it and allow it to cool, but leave the oven on.

Step 3: Slice the zucchinis very thinly and place them in a bowl. You may find it easier to cut the zucchinis in half and then each half into a half moon shape lengthwise. Sprinkle with 1 Tbsp of salt and toss to mix. Allow them to sit for at least twenty minutes. This will release their liquid.

Step 4: Puree the cottage cheese until it has the consistency of ricotta. Shred the gruyere cheese and set aside.

Step 5: Put 2 Tbsps of olive oil in a medium saute pan and saute the diced onions. Season with a little salt and pepper. Once translucent, (about 4 minutes later) add the ground chicken (or turkey) and cook until it loses its raw color. Add 1 Tbsp of Italian seasoning, and saute for one more minute and then remove from the heat.

Step 6: Drain the zucchini and squeeze out any excess water that remains by placing them in a clean dish towel.

Step 7: When the spaghetti squash is cool enough to handle, take a fork or a spoon and scrape the squash into a large mixing bowl. Add the pureed cottage cheese, and the remaining Italian seasoning, and salt and pepper and toss to coat.

Step 8: Slice the tomatoes and begin to assemble the casserole. Place the cooked ground chicken and onions in the bottom of a 9"x13" pan. Sprinkle 1/2 cup of shredded gruyere cheese. Next spread the spaghetti squash mixture over the ground chicken layer. Add another 1/2 cup of shredded cheese. Top that layer with the zucchini and add another 1/2 cup of cheese. Top with the sliced tomatoes and add the remaining cheese and breadcrumbs if using. Bake uncovered at 375 for 40 minutes.

Buon Appetito!