

# Spaghetti Squash Boats

**Prep time**

10 mins

**Cook time**

60 mins

**Total time**

1 hour 10 mins

Warm, comforting and cheesy spaghetti squash boats give you all the flavor of spaghetti and meat sauce, in a healthy spaghetti squash topped with melty mozzarella cheese.

Author: Ari Ziskin

Recipe type: Entree

Serves: 4

## Ingredients

- 2 medium spaghetti squash
- 2 tablespoons olive oil, divided
- salt and pepper
- 1 onion, chopped
- 4 cloves garlic, chopped
- 20 oz 99% lean ground turkey breast (you can also use the 93-94% or 96% lean ground beef)
- 1 28 ounce can crushed tomatoes
- 1 teaspoon dried oregano
- 1 teaspoon fresh or dried basil
- 2 teaspoon crushed red pepper (more or less depending on desired spiciness), optional
- 1 cup freshly grated part skim mozzarella cheese (you can use pre-grated if necessary)

## Instructions

1. Preheat oven to 400. Slice spaghetti squash length wise and scrape out the seeds. Rub ¼ tablespoon olive oil into squash half and season with salt and pepper. Place spaghetti squash face down in a large baking dish and bake for 40-60 min. When squash is done, middle will be tender and pull apart easily.
2. In a large pan, sautee onion and garlic in 1 tablespoon olive oil over medium heat until fragrant. Add ground turkey. Season with salt and pepper and cook until browned. Add crushed tomato and remaining spices. When sauce starts to bubble, reduce heat to a simmer until thickened (about 3-4 minutes).
3. When spaghetti squash is fully cooked, flip in the baking dish so that it is now skin side down. Evenly divide sauce between each squash half. Top each "boat" with ¼ cup cheese. Turn oven to broil, and cook for an other 2 minutes, until cheese is browned and bubbling. This happens very quickly--make sure to watch closely, otherwise it can burn easily.

Recipe by Ari's Menu at <http://arismenu.com/spaghetti-squash-boats/>

