

## Skinny Spaghetti Squash with Meat Sauce



**Makes:** 8 servings

**Source:** [skinnymom.com](http://skinnymom.com)

### Ingredients

- 8 cups spaghetti squash, cooked (2 medium size squash will yield about 8 cups)
- 1 lb lean ground beef (90%-95% lean)
- 24 oz low-sugar spaghetti or marinara sauce
- 1 tsp extra virgin olive oil
- ½ onion, diced
- 1 small zucchini, chopped finely
- 1 celery stalk, chopped finely
- 1 carrot, peeled + chopped
- ½ cup fresh mushrooms, sliced
- ½ cup low moisture, part-skim, shredded mozzarella cheese

### Instructions

1. Preheat oven to 400 degrees.
2. To cook squash in oven, cut spaghetti squash in half lengthwise. Scoop out seeds and membrane. Place squash cut-side up on baking sheet. Sprinkle with salt and pepper and bake for 45-60 minutes.
3. In a large, deep sauté pan, add extra virgin olive oil.
4. Add onions, celery, carrot, and mushrooms. Sauté vegetables on medium heat for 3-4 minutes until they begin to soften.
5. Add lean ground beef to vegetables.
6. Continue to cook vegetables and brown ground beef, breaking up the meat into smaller pieces. Continue to cook until meat is no longer pink in color.
7. When meat is cooked, add chopped zucchini and jar of spaghetti sauce.
8. Stir to mix all ingredients together and simmer on low for 5-10 minutes.
9. When spaghetti squash is cooked, remove from the oven and let cool for 5 minutes. After it has cooled, begin to remove the flesh with a fork, which will come out looking like spaghetti strands. Serve with sauce OR transfer spaghetti squash to a casserole dish.
10. Cover the squash with meat sauce evenly.
11. Top with mozzarella and bake in oven at 350 for 10-15 minutes until cheese has melted. Serve hot.



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