

# SPAGHETTI SQUASH BOATS - TASTE OF HOME

Serves: 2 | Prep: 1 hour | Total: 1 hour and 20 mins

Difficulty level: Easy-Medium



## INGREDIENTS

- 1 medium spaghetti squash (2 - 2½ pounds)
- ¼ pound ground meat of choice (ex. chicken, turkey, beef)
- ½ cup onion, chopped
- ½ cup fresh or canned mushrooms, sliced
- 1 garlic clove, minced (or ½ tsp garlic powder)
- ½ tsp dried basil
- ½ tsp dried oregano
- ¼ tsp salt
- ⅛ tsp pepper
- 1 can (14 oz) diced tomatoes, drained
- ½ cup cheese, shredded (optional)

## DIRECTIONS

1. Preheat oven to 375°F
2. Cut squash in half lengthwise and scoop out seeds. In a baking dish, place squash cut side down and fill dish with ½ inch of hot water. Bake, uncovered, for 30-40 minutes or until squash is tender.
3. Once cool, scoop out squash with a fork to make “spaghetti like” strands and place in a bowl.
4. In a skillet over medium heat, cook beef, onion, and green pepper until vegetables are tender and meat is no longer pink (about 5 minutes). Stir in mushrooms, garlic, basil, oregano, salt, and pepper. Cook for two minutes. Stir in tomatoes, cook for two minutes. Add in squash.
5. Cook mixture uncovered for 10 minutes or until liquid has evaporated. Divide mixture evenly among squash shells. Place shells in a baking dish and bake at 350°F for 15 minutes. Sprinkle with cheese and bake until cheese is melted, about 5 minutes.