

Spaghetti Squash Lasagna

Makes 4 (very generous) servings

- 2 medium-sized spaghetti squash
- 1 teaspoon grape seed oil
- 1 red onion, diced
- 3 garlic cloves, minced
- 1 pound ground beef, ground turkey OR ground bison
- 1 1/2 teaspoons salt, divided
- 1 teaspoon oregano
- 1 teaspoon red pepper flakes
- 1 (15-ounce) can crushed tomatoes
- 1.5 cups ricotta cheese OR cottage cheese
- 1/4 cup roughly chopped basil, divided
- 1 cup shredded mozzarella

Chopped parsley or basil, to garnish

Preheat the oven to 400°F. Cut the squashes in half and scoop out the seeds. Brush the inside with grape seed oil lightly salt and pepper the squash. Lay them cut-side down in a baking dish, and add about an inch of water. Roast for 30 minutes, until soft when poked with a fork. Transfer to a cooling rack.

While the squash is roasting, warm grape seed oil in a skillet over medium-high heat. Stir in onions and cook until translucent, about 5 minutes. Add garlic and cook until fragrant, 30 - 45 seconds.

Add the ground meat and 1 teaspoon of salt.

Cook until well-browned, breaking up the beef into small crumbles, 10 minutes. Maybe longer if you are using ground poultry.

Add oregano, basil, and red pepper flakes.

Stir in the crushed tomatoes and bring to a simmer. Continue simmering the sauce until the squashes are ready.

Use a fork to shred the inside of the squash, "fluffing" the squash a bit.

In a separate bowl, mix together the ricotta cheese, and the rest of the fresh basil and 1/2 teaspoon of salt.

Wipe out your roasting pan and arrange the squash shells inside, like bowls. Divide half of the ricotta mixture between the shells, using a spoon to spread the ricotta evenly over the bottom of the shells. Divide tomato sauce between the shells, spooning over the top of the ricotta.

Bake the shells for 15 minutes at 400°F. Take out of the oven.

Sprinkle the mozzarella over the tops of the squashes and bake for another 15 minutes, until the cheese is bubbly and browned in spots.

Sprinkle with parsley or basil over the tops and serve immediately.