

# Spaghetti Squash Lasagna

Quilt and Café

May 9, 2020

## Ingredients

1 - 3-4 lb. Spaghetti Squash

Olive oil

Salt and Pepper

1 - 14.5 oz. can Diced Tomatoes with basil, garlic and oregano

1 tsp. Italian Seasoning

1/4 cup. Romano Cheese

8 oz. Ricotta Cheese

1 egg

1 tsp. dried parsley

2 cups shredded Mozzarella Cheese

1/4 cup Parmesan Cheese

## Method

Preheat the oven to 400F. Cut the stem off the squash and then cut it in half long-ways, scoop out the seeds. Rub the squash with olive oil and sprinkle generously with salt and pepper. Place the halves cut side down in a baking dish. Add 1/4 cup of water to the dish and cover with foil. Bake for 45 minutes or until the inner flesh is tender. Remove from oven and scrape the flesh with a fork and remove it to a large bowl. Discard the shells/skin. Turn the oven down to 350F. To the bowl of squash add the can of tomatoes, Italian seasoning and Romano cheese. Mix well to combine. In a small bowl, mix together the egg, ricotta cheese and parsley. Combine the Mozzarella and Parmesan cheese in a separate bowl.

Spray a glass baking dish with non-stick spray. Spread half of the squash mixture on the bottom of the pan. Spread the ricotta onto the squash. Top the ricotta with about 1/3 of the mozzarella and parmesan mixture. Layer the rest of the squash and then top it with the remaining cheese mixture. Bake at 350F for 45 minutes or until the cheese browns. If the cheese doesn't brown, put it under the broiler for a minute to slightly brown the cheese, watch as the broiler will brown the cheese fast. Remove from oven and let it rest for 5-10 minutes before cutting into squares. Enjoy!