

## Simply Italian Spaghetti Squash

### Ingredients:

- 2 large spaghetti squash
- 1 Tbsp. olive oil
- 1/2 lb. lean ground beef
- 1 green bell pepper, diced
- 1/2 sweet onion, diced
- 2 cloves garlic, minced
- 1 can (28 oz.) diced tomatoes
- 1/2 tsp. salt
- 1/2 tsp. Italian seasoning
- 1 cup part skim mozzarella cheese, shredded



### Directions:

1. Preheat oven to 350°F.
2. Cut squash in half, scoop out and discard seeds. Brush with olive oil and place flesh-side-down in a large baking dish.
3. Bake 45 minutes, or until softened.
4. Meanwhile, heat nonstick skillet over medium heat. Add ground beef, pepper, onion and garlic. Cook 5-7 minutes, or until beef is cooked through. Drain and add tomatoes, salt and Italian seasoning. Let simmer 10 minutes.
5. Remove squash from oven and shred with fork. Add beef mixture to squash, top with cheese and bake 10 minutes, or until cheese is melted.

*Recipe adapted from Produce for Kids*

**TIME SAVING TIP:** Microwave spaghetti squash halves for about 10 minutes or roast at a higher temperature to shorten cooking time.

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