Italian Baked Spaghetti Squash

Spaghetti squash stuffed with a cheesy Italian tomato filling!
Yield:

4 servings
Ingredients:

1 large spaghetti squash (about 2 pounds)
1 cup (4 ounces) shredded cheddar cheese
1 cup (4 ounces) shredded mozzarella cheese
1 cup diced green bell pepper*
2 cups tomato sauce**
1/2 teaspoon dried oregano
1/2 teaspoon garlic powder
1/2 teaspoon sugar
1/2 teaspoon salt
dash of pepper
1/2 cup Parmesan cheese, for topping
1 cup (4 ounces) mozzarella cheese, for topping
Instructions:

1.
Cut squash into halves lengthwise; scoop out seeds. Place cut side down
in 2 inches of simmering water in a heavy stock pot or saute pan. Cover
and simmer for 15 minutes. Drain.

2. In a large mixing bowl, combine the cheddar and mozzarella cheeses, peppers, tomato sauce, and spices (except Parmesan and
additional mozzarella). Stir to mix.

3. Holding hot squash with a potholder or oven mitts, run the tines

of a fork across the pulp to release the “spaghetti”. Place “spaghetti”
in the large mixing bowl of cheese, sauce, and spices. Stir to coat.

4. Spoon squash back into the two squash shells and place in a baking
dish. Sprinkle with additional mozzarella and Parmesan cheeses. Bake at
350 degrees for 20 minutes or until hot in the middle.

If squash shells are tender, they are edible along with the filling. We don’t usually eat all of the shell, though, since the filling is the best part!



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This recipe is from Tammy’s Recipes.