



Spaghetti Squash casserole

Ingredients

- 1 (2½ to 3-pound) spaghetti squash, halved lengthwise and seeds removed
- 2 tablespoons water
- 1 pound lean ground beef
- 1 medium shallot, thinly sliced
- 2 cloves garlic, minced
- 1½ teaspoons Italian seasoning
- ½ teaspoon salt + 1/8 teaspoon salt, divided
- ½ teaspoon ground black pepper
- 1 (28-ounce) can no-salt-added crushed tomatoes
- 1 cup shredded fontina cheese
- Fresh basil, for garnish (optional)

Instructions

Step 1: Preheat the Oven

Preheat your oven to 400°F (200°C).

Step 2: Cook the Squash

Place squash halves cut-side down in a microwave-safe dish with 2 tablespoons of water. Microwave uncovered on high for about 10 minutes, or until the flesh is tender.

Alternative method: Roast the squash cut-side down on a rimmed baking sheet in the oven for 40–50 minutes.

Step 3: Make the Sauce

While the squash cooks, heat a large ovenproof skillet over medium-high heat. Add ground beef and cook, breaking it up with a spoon, until browned and cooked through (5–7 minutes).

Add shallot, garlic, Italian seasoning, ½ teaspoon salt, and pepper. Sauté for 1 minute, until fragrant. Stir in crushed tomatoes and bring to a boil, then reduce heat to simmer.

Step 4: Combine & Bake

Using a fork, scrape the squash strands into the skillet and stir to combine with the sauce.

Top with shredded fontina cheese. Transfer the skillet to the oven and bake until bubbling and cheese is melted, about 15 minutes.

Let rest for 5 minutes before serving. Garnish with fresh basil if desired.