



## Spaghetti Squash Turkey Sausage Lasagna

Prep Time: 15 min

Cook Time: 1 hour 30 min

Serves: 4

### NUTRITION FACTS, PER SERVING:

374 calories

18.9 g fat

613 mg sodium



### INGREDIENTS: \*\* Items not included in kit

- 2 small or 1 large spaghetti squash
- 2 TB olive oil\*\*
- Salt & black pepper, to taste\*\*
- 1 TB olive oil\*\*
- 2 garlic cloves, minced
- 1 cup onions, diced
- 1 cup red peppers, diced
- 10 oz. fresh spinach
- 15 oz. part-skim ricotta cheese
- Salt & black pepper, to taste\*\*
- 1 cup shredded mozzarella cheese, divided
- 1 lb. ground mild Italian turkey sausage
- 2 cups marinara sauce
- Red pepper flakes, use amount based on desired spice/heat level
- 1/4 cup parmesan cheese
- Non-Stick Cooking Spray\*\*
- Aluminum foil\*\*

### DIRECTIONS:

1. Preheat oven to 425 degrees, line a large baking sheet with **aluminum foil** and spray with **cooking spray**. Scrub the **squash** clean and dry thoroughly. In a separate microwavable safe dish, place the whole squash and microwave on high for 5 minutes to make it easier to cut (do not microwave for more than 5 minutes). Carefully cut the squash in half lengthwise (stem to bottom end). Scoop out the seeds and discard. Drizzle the inside of the squash with **2 TB olive oil** using your hands to coat the entire inside surface of the squash. Sprinkle inside with **salt and pepper to taste** and place cut-side down on the lined baking sheet and bake for 45 minutes to 1 hour or until squash is tender when pierced with a fork. Remove from oven and let cool. Use a fork to scrape the squash strands from inside. Place strands in a large bowl, set aside.
2. Heat a large skillet over medium-high heat. Add **1 TB oil** to pan; add **minced garlic**; cook 30 seconds. Add **spinach**; cook 1 minute or until spinach wilts. Remove from heat and add to the bowl of **squash strands**, toss to combine. Add **ricotta cheese, salt & black pepper to taste**, and **1/2 of the mozzarella cheese (1/2 cup)**, to the mixture and toss to combine.
3. Return same skillet to medium-high heat. Add **ground turkey sausage** to pan; Cook 8 minutes or until browned, stirring to crumble. Add **diced onions** and cook for another 5 minutes. Add **diced peppers** and cook for 3 minutes. Add **2 cups marinara sauce** and **red pepper flakes for you desired spice/heat preference**; reduce heat to medium-low, and simmer for 3 minutes.
4. Spray a 9 x 12 baking dish with **cooking spray**. Spread **turkey/marina sauce mixture** evenly into the bottom of the pan. Top with **squash/spinach/cheese mixture**. Sprinkle with remaining **1/2 cup mozzarella cheese** and **1/4 cup parmesan cheese**. Bake at 425° for 20-30 minutes until cooked through and cheese is golden brown and bubbly. Remove from oven, let stand 10 min before serving.

*Food provided in this meal kit may have come in contact with, or may contain peanuts, tree nuts, soy, milk, eggs, wheat, fish, or shellfish.*

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