

SPAGETTI SQUASH LASAGNA WITH SPINACH

2 small spaghetti squash (about 1/1/2 lb.)
2 teaspoons Butter Olive Oil
4 garlic cloves, thinly sliced
1 (8 ounce package) fresh baby spinach
½ cup part –skim ricotta cheese
1/8 teaspoon kosher salt
2 ounces shredded part- skim mozzarella cheese (about ½ cup), divided
8 ounces lean ground turkey
1 ½ cup lower-sodium marinara sauce
1 ounce parmesan cheese, grated about ¼ cup.

*Hint for making squash easier to cut- place whole squash in baking dish with ¼ cup of water and place in oven at 350 for about 20 minutes.

1. Preheat oven to 350
2. Cut each squash in half lengthwise. Scoop out seeds; discard. Place squash halves, cut side up, on a baking sheet. Bake at 350 for about 25 minutes. Let stand 10 minutes scrape inside of squash with fork to remove spaghetti-like strands. Place strands on a clean dish towel; squeeze until barely moist.
3. Heat a large heat. Add oil to pan; swirl to coast. Add garlic, cook 30 seconds. Add spinach; cook 1 minute or until spinach wilts.
4. Remove from heat. Combine spinach mixture, squash strands ricotta cheese salt, and half of mozzarella cheese in a medium bowl.
5. Return skillet to medium high heat. Add turkey to pan; cook 4 minutes or until browned, stirring to crumble. Add marinara sauce; cover, reduce heat to medium, and simmer 4 minutes. Remove from heat.
6. Increase oven temperature to 425*
7. Spoon sauce evenly with squash mixture. Sprinkle evenly with remaining mozzarella cheese and parmesan cheese. Place on baking sheet. Bake at 425 for 20 minutes.
8. Preheat broiler to high (keep squash in oven). Broil squash 1 to 2 minutes or until cheese is golden brown and bubbly. Remove from oven; let stand 10minutes

Serves 4

Serve with crusty French bread and your favorite wine.

A Toast to All Things adaption from Cooking Light.