



Dinner Recipes

Spaghetti Squash with Meat Sauce



Ingredients:

- 1 large spaghetti squash
- 1 can red sauce
- 1 package 93% lean ground beef, lean turkey or buffalo
- 1 chopped green pepper
- 1 cup chopped mushrooms

Directions:

1. Preheat oven to 375 degrees
2. Cut squash in half and scoop out all of the seeds.
3. Place on a baking sheet face up and bake for 35-40 minutes
4. Brown the meat in a medium sauce pan
5. In another sauce pan, sauté the green peppers and mushrooms
6. Combine the meat, peppers and mushrooms and add in the tomato sauce
7. Once the spaghetti squash is done, let cool then scoop out the inside (it will resemble spaghetti)
8. Pour over the meat sauce over the squash and enjoy!

Makes 4 servings, 1 serving is 2 cups

Nutrition Information:

Meal Plan Blocks:

1 serving: 152 calories, 15 grams protein, 17 grams carbs, 4 grams fat

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