

# Lasagna-Stuffed Spaghetti Squash

## Heart Healthy Dishes

Source: [www.womansday.com/food-recipes/recipes/a57464](http://www.womansday.com/food-recipes/recipes/a57464)



**SERVES:**

4



**PREP TIME:**

20 MINS



**COOKING TIME:**

20 MINS



**CALORIES:**

217 CAL

### INSTRUCTIONS

1. Using a large serrated knife, cut the spaghetti squash in half lengthwise. Use a spoon to scrape out and discard the seeds.
2. Place all 4 squash halves, cut side down, on a large piece of parchment paper in the microwave. Cook on high power until just tender, 9 to 11 minutes.
3. Meanwhile, heat broiler and lower the rack to the middle position of the oven. In a bowl, combine the cottage cheese, Romano and pepper; fold in the broccoli.
4. Season the squash halves with salt and pepper, then use a fork to scrape up most of the squash strands, leaving them in the squash. Divide the cheese mixture among the squash and top with the sauce, then the mozzarella.
5. Broil until the filling is heated through and the top is golden brown, 2 to 3 minutes. Serve with a green salad, if desired.

Spaghetti squash contains a fair amount of fibre, about 9% of the recommended daily intake, which has been found to reduce the risk of cardiovascular disease and lower cholesterol when consumed regularly according to the American Heart Association.

### INGREDIENTS

- 2 small spaghetti squash (about 1 lb 10 oz each)
- 1 cup no-salt-added small-curd cottage cheese
- 1/4 cup grated Romano cheese
- Kosher salt and pepper
- 8 ounces broccoli florets, chopped
- 3/4 cup low-sodium marinara or tomato sauce
- 3 ounces part-skim mozzarella, grated