

Pizza Girl Spaghetti Squash Casserole

This cheesy and delicious low carb casserole will go above and beyond to satisfy you and your family.

Ingredients:

2 ripe spaghetti squash
1 tbsp olive oil

Instructions:

To make the spaghetti squash, preheat oven to 350 degrees F and cut squash right down the middle. Scoop out all the seeds and place cut side down on a lightly oiled baking dish so they don't stick.

1. bake squash in the oven for 45 minutes until tender.
2. mean while drizzle oil into a large pan over medium heat and sauté the onion and garlic until fragrant about 2 minutes. Add the ground beef and cook until meat is no longer pink, drain if necessary.
3. Add in your Pizza Girl Marinara sauce into the meat skillet. Let cook for 2 minutes until meats saturated in sauce.
4. Stir in 1/2 cup of grated parmesan cheese.
5. when squash is ready remove from oven and scrape out all the strands of spaghetti using a fork, placing into a large bowl for convenience.
6. Spread out an even layer of the marinara with beef on the bottom of the dish and spread out evenly. then layer with the spaghetti squash , then the rest of the meat sauce , and a final layer of the spaghetti squash .
7. Top with a light mozzarella cheese
8. Cover with foil and bake in the oven at 350 degrees for 30 minutes. remove foil and bake another 10 minute to brown the cheese a bit.
9. Top is fresh basil and serve!