

Spaghetti Squash Parmesan

 Yield: 4

Prep Time: 10 mins Cook Time: 35 mins Total Time: 45 mins

Spaghetti squash parmesan is a delicious weeknight meal! Topped with marinara or bolognese, melty cheese and fresh herbs, it's easy and delicious!

Ingredients

- 2 whole spaghetti squash
- 1 to 2 tablespoons olive oil
- ½ teaspoon salt
- ½ teaspoon pepper
- 1 teaspoon dried basil
- 1 teaspoon dried oregano
- ½ teaspoon crushed red pepper flakes
- 2 cups marinara sauce, or your favorite bolognese
- 1 8 ounce ball fresh mozzarella,
- 2 tablespoons finely grated parmesan cheese,
- fresh basil and oregano for sprinkling

Instructions

- 1 Preheat the oven to 425 degrees F. Line a baking sheet with foil and spray with nonstick spray.
- 2 Slice the spaghetti squash in half lengthwise and scrape out the sides. Brush the cut sides with olive oil. Place the squash cut-side down on a baking sheet. Roast for 25 minutes.
- 3 Remove the baking sheet and flip the squash over. Use a fork to scrape some of the squash up. Season the squash with salt and pepper. Sprinkle on some of the basil and oregano too.
- 4 Fill each squash with about ½ cup of marinara or Bolognese (your preference!). Lay the slices of mozzarella on top. Sprinkle on a bit more basil, oregano and the pepper flakes.
- 5 Return the baking sheet to the oven and bake the squash for another 15 to 20 minutes, until the cheese is golden and bubbly.
- 6 Sprinkle the squash with finely grated parmesan and fresh herbs and serve!