

# Classic Spaghetti Squash

Prep Time: 15 Minutes   Cook Time: 40 Minutes   Total Time: 55 Minutes

This is a simple, savory, veggie-forward dish that highlights the natural flavor and texture of spaghetti squash. Tossed with sauce, protein, and veggies, it's a balanced and versatile meal that can be easily customized.

**For Thin's In:** Count as 3 Proteins, Unlimited Veggies | Individual Serving

## INGREDIENTS

- ½ spaghetti squash
- 4 oz pasta sauce
- 3 oz ground meat (beef, turkey, chicken)
- ½ sweet onion, diced
- ½ bell pepper, diced
- Optional Veggies: Zucchini, Yellow Squash
- Cooking spray
- Salt & pepper
- Optional: Italian Seasoning, Sofrito, Parsley, Oregano
- For an Extra Limited Vegetable: Add 4 oz corn

## INSTRUCTIONS

### Cook the spaghetti squash (microwave method)

- Microwave whole squash for 5 minutes to soften
- Carefully cut in half lengthwise and scoop out seeds
- Place one half cut-side down on a microwave-safe dish and save the other half or double recipe for 2 servings
- Season with Salt and Pepper to Taste
- Microwave for 8–10 more minutes, until tender
- Let cool slightly, then use a fork to scrape into “spaghetti” strands

### Cook the protein and vegetables

- Heat a pan over medium heat and coat with cooking spray
- Add ground meat and cook until browned, breaking it apart as it cooks; Drain after cooking
- Add onion, bell pepper, and any other veggies to pan
- Cook until softened and lightly caramelized
- Stir in corn (if using) and heat through
- Add measured meat back to pan and season to taste

### Combine

- Stir pasta sauce into the cooked meat and veggies
- Add the spaghetti squash strands to the pan and mix until well combined
- Serve in shell or save to reheat later