

Pizza Spaghetti Squash

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

This Pizza Spaghetti Squash is a lighter, layered take on pizza that uses spaghetti squash instead of crust. Built like lasagna, it alternates layers of squash, cheese, and toppings for a melty, flavorful dish in every bite.

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

INGREDIENTS

- ½ spaghetti squash
- 4 oz pizza sauce
- 3 oz pizza cheese blend
- Favorite Pizza Veggies: onion, pepper, mushroom, broccoli - diced
- *Optional Protein (add 1 layaway):
2 oz chicken
OR
1 oz ground beef
- Cooking spray
- Salt & pepper
- Optional: Italian Seasoning, Garlic Powder, Oregano, Parsley

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 veggies and sauté until softened and lightly cooked
- If using diced chicken or pre-cooked ground beef, stir in and heat through
- Season with salt, pepper, and seasonings

Layer the dish (lasagna-style)

- Mix the spaghetti squash strands with the pizza sauce
- Divide the mixture into layers:
 - Add 1/3 of the squash/sauce mixture to the squash shell
 - Top with 1 ounce of cheese and desired toppings
 - Repeat with the remaining mixture, cheese and toppings for two more layers
- Finish with remaining cheese on top
- Sprinkle additional Italian seasoning if desired
- Place in an air fryer (or oven) at 400°F for about 5 minutes, or until the cheese is melted and bubbly