



# LASAGNA SQUASH BOAT

LEVEL: Beginner

SERVINGS: 6

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## INGREDIENTS

- 1 2.5-3lb spaghetti squash
- 1 tablespoon grapeseed oil
- ½ teaspoon salt
- 2 tablespoons extra virgin olive oil
- ½ cup onions, diced
- 2-3 cloves garlic, minced
- 2 cups mushrooms, diced (portobello, chanterelle, shitake, oyster)
- 2 cups spinach, chopped
- ½ (15 ounce can or 1.5 cups) diced tomatoes
- ½ teaspoon sea salt
- ½ teaspoon dried basil
- ½ teaspoon dried parsley
- ¼- ½ teaspoon red pepper flakes
- ¼ teaspoon dried rosemary
- ¼ teaspoon dried oregano
- 2 cups mozzarella cheese, grated
- ½ cup parmesan cheese, grated

## INGREDIENT SWAPS

Spaghetti squash	→	Butternut squash, acorn squash
Spinach	→	Kale, swiss chard
Grapeseed oil	→	Avocado oil, safflower oil

## SUPPLIES

- Small bowls
- Measuring cups
- Measuring spoons
- Chef's knife
- Grater
- Can opener
- Cutting board
- Medium skillet
- Baking sheet
- Parchment paper or aluminum foil
- An oven

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## INSTRUCTIONS

1. Preheat oven to 400 degrees F.
2. For easier cutting, warm spaghetti squash for 10 minutes to soften. (Or feel free to microwave for 4-5 minutes.)
3. Cut off the ends of the spaghetti squash, stand up, and slice in half lengthwise and scoop out the seeds.
4. Sprinkle with  $\frac{1}{2}$  teaspoon salt and rub with grapeseed oil.
5. Place cut-side down on a baking sheet lined with foil or parchment paper.
6. Roast face-down for 35-40 minutes, or until tender and easily pierced with a fork. Cooking time will vary a bit depending on the size of your squash so adjust accordingly.
7. Heat olive oil in a medium skillet, add the onions and sauté until slightly golden.
8. Add the garlic and cook until fragrant, then add the mushrooms and continue to cook until softened.
9. Add the diced tomatoes and mash a little if desired to create a sauce, then add the spinach and seasonings. Cook until the spinach is wilted.
10. Turn off the heat.
11. Take the squash out of the oven, carefully turn over, and use a fork to separate the squash into spaghetti-like strands.
12. Mix the mozzarella and parmesan cheese.
13. Layer  $\frac{1}{4}$  of the cheese mixture on top of each half of the spaghetti squash.
14. Add a layer of the veggie mix on top of the cheese.
15. Finish with another layer of the remaining cheese.
16. Return to the oven and broil on 450 for 7-10 minutes until the cheese has golden flecks.
17. Remove from the oven, cool, and enjoy!

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