



# Spaghetti Squash Lasagna with Broccolini

## Ingredients *Serves 4*

1 2 1/2- to 3-pound spaghetti squash, halved lengthwise and seeded  
1 tablespoon extra-virgin olive oil  
1 bunch broccolini, chopped  
4 cloves garlic, minced  
2 tablespoons water

1 cup shredded part-skim mozzarella cheese, divided  
1/4 teaspoon crushed red pepper (optional)  
1/4 cup shredded Parmesan cheese, divided  
3/4 teaspoon Italian seasoning  
1/2 teaspoon salt  
1/4 teaspoon ground pepper

## Preparation *Total Time: 40 minutes*

**STEP 1:** Position racks in upper and lower thirds of oven; preheat to 450°F.

**STEP 2:** Place squash cut-side down in a microwave-safe dish; add 2 tablespoons water. Microwave, uncovered, on High until the flesh is tender, about 10 minutes. (Alternatively, place squash halves cut-side down on a rimmed baking sheet. Bake in a 400°F oven until the squash is tender, 40 to 50 minutes.)

**STEP 3:** Meanwhile, heat oil in a large skillet over medium heat. Add broccolini, garlic, and red pepper (if using); cook, stirring frequently, for 2 minutes. Add water and cook, stirring, until the broccolini is tender, 3 to 5 minutes more. Transfer to a large bowl.

**STEP 4:** Use a fork to scrape the squash from the shells into the bowl. Place the shells in a broiler-safe baking pan or on a baking sheet. Stir 3/4 cup mozzarella, 2 tablespoons Parmesan, Italian seasoning, salt, and pepper into the squash mixture. Divide it between the shells; top with the remaining 1/4 cup mozzarella and 2 tablespoons Parmesan.

**STEP 5:** Bake on the lower rack for 10 minutes. Move to the upper rack, turn the broiler to high and broil, watching carefully, until the cheese starts to brown, about 2 minutes.

## Nutrition *Per Serving*

192 Calories, Total Fat: 11 g, Saturated Fat: 5 g, Cholesterol: 22 mg, Carbohydrates: 14 g, Fiber: 2 g, Total Sugars: 5 g, Added Sugars: 0 g, Protein: 11 g, Sodium: 604 mg, Potassium: 363 mg, Folate: 18 mcg

**Calcium: 308 mg**