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Spaghetti Squash Lasagna with Broccoli

Join LifeStart's Registered Dietitian, Grace Iberle, as she walks through making this tasty fall favorite. Follow along step by step or save the recipe to try on your own!

TUESDAY, NOVEMBER 17TH
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A close-up photograph of a spaghetti squash lasagna. The dish is served in a wooden bowl, showing layers of spaghetti squash, melted cheese, and green broccolini. The background is a dark surface.

Spaghetti Squash Lasagna with Broccolini

INGREDIENTS

1 2½ To 3 Pound Spaghetti Squash
(halved lengthwise and seeded)

1 Tbsp Extra Virgin Olive Oil

1 bunch Broccolini
(chopped)

4 Garlic (minced)

1/4 tsp Crushed Red Pepper

2 tbsps Water

1 cup Shredded Part Skim Mozzarella Cheese
(divided)

1/4 cup Shredded Parmesan Cheese
(divided)

3/4 tsp Italian Seasoning

1/2 tsp Salt

1/4 tsp Ground Pepper

DIRECTIONS

1. Preheat oven to 400°F. Cut spaghetti squash in half, long way. Scoop out the seeds. Brush insides with olive oil and salt and pepper. Place squash halves cut-side down on a lined, rimmed baking sheet. Bake until the squash is tender, 40 to 50 minutes.
2. Remove spaghetti squash and turn up the oven to 450°F.
3. Meanwhile, heat oil in a large skillet over medium heat. Add broccolini, garlic and red pepper; 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.
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.
5. Bake for 10-15 minutes until cheese starts to brown. For quicker results, turn on the broiler and move to the top rack for the last 2 minutes