



# Spaghetti Squash Lasagna

You have to try this delicious spaghetti squash recipe. It's an easy alternative to regular pasta and a great low-carb option. We love making ours into Lasagna! The flavor will surprise you - and the ground sausage adds just the right amount of richness!

## **Recipe:**

Roast 1 large or 2 small Spaghetti Squash

(Slice in half and remove seeds, season with olive oil, salt and pepper. Bake in oven at 400 for 40 mins)

### Cook on stovetop:

1 lb Ground Beef

½ lb Ground Sausage

1 tsp Italian Seasoning

Add 28oz pasta sauce after cooked

### Combine separately in bowl:

15oz Ricotta cheese

2 Eggs

¾ C Parmesan

1 T Italian Seasoning

Shred 8oz Mozzarella Cheese

Make 2 layers in a 9x13 pan:

Spaghetti Squash

Ricotta cheese mixture

Meat Sauce

Mozzarella Cheese



Bake at 350 for 35-40 mins

## **The Keto Dad Tips and Tricks:**

- Bake the spaghetti squash in the oven, microwave or cook in a pressure cooker.
- If the squash is too hard to cut, pierce in a few places and microwave for 2-3 mins.
- Freezes and reheats easily!
- The majority of carbs are from the Spaghetti Squash and ricotta cheese. With the higher protein and carb count, it may fit better into a flexible lifestyle.

Makes 8 Servings: Calories: 486, Fat: 36, Carbs: 10, Fiber: 2, (Net Carbs 8), Protein: 31

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