



Spaghetti Squash with Moroccan Meat Sauce

INGREDIENTS

1 large spaghetti squash	1 lb ground beef, lamb turkey or chicken	3 TBS avocado oil
1 tsp sea salt	2 tsp chili powder	1 tsp cumin
1 tsp Italian seasoning	1 TBS minced dried garlic	1 tsp paprika
1 (28 oz. jar) marinara sauce	1 (28 oz.) can Italian tomatoes	2 bay leaves
¼ cup parsley, chopped	¼ cup fresh mint, chopped	¼ cup fresh basil, chopped

DIRECTIONS

Roasting Spaghetti Squash: Preheat oven to 450F. Place the whole squash on one sheet pan. Roast the squash for 1 hour or slightly longer, until a fork pierces the skin easily and the squash is very soft.

Microwaving Spaghetti Squash: Cut squash in half lengthwise. In a glass baking dish arrange ONE squash half, cut side down. Pour ¼ cup water around it and cover the dish with a paper towel. Microwave on high power for 5-10 minutes, or until it is soft when pressed. Repeat for the other half of the squash.

Moroccan Meat Sauce: In large pot over medium heat, add oil, meat and pan sear about 3 minutes until browned, In a small bowl mix chili pepper, cumin, Italian seasoning, garlic, and paprika. Sprinkle on the meat and toss and turn. Add canned tomatoes. Fill the can halfway with water, rinse and pour into the pot. Bring to a boil. Cover with a lid askew, reduce heat to medium/low and cook about 30 minutes. Add the marinara and bay leaves and cook another 45-60 minutes. Stir occasionally. Reduce heat to simmer. Remove bay leaves. Add parsley, mint, basil and blend. Let the ragu simmer until you're ready to serve over your cooked spaghetti squash. Makes 6 servings; 300 calories each.