

Spaghetti Squash Lasagna

Ingredients

- 1-2 cooked spaghetti squash
- 1-2 Tablespoons of olive oil
- 1/2 onion (I used red, but any will work)
- 3-4 cloves of minced garlic
- 1lb ground sausage
- 2 Tablespoons of Italian Seasoning (omit seasoning if your sausage has it)
- salt to taste
- 28oz of diced tomatoes
- 4oz of green chilies
- 1 jar of prepared spaghetti sauce
- 2 cups of mozzarella
- 1/2 cup of Parmesan

Instructions

1. Saute red onion and garlic in oil until the onions start to take on some color.
2. Add pork to the pan and cook until most of the pink is gone.
3. Add your seasonings and salt and cook until no more pink.
4. Add tomatoes, green chilies, and the spaghetti sauce. Stir well and remove from heat.
5. Oil the bottom of a 9x13 pan and layer half your spaghetti squash in the bottom, top with mozzarella.
6. Spread half the meat mixture over the cheese, then sprinkle with Parmesan.
7. Spread remaining spaghetti squash and top with more mozzarella.
8. Spread remaining sauce and top that with more mozzarella and Parmesan.
9. Cover with foil and bake for 30-45minutes or until bubbling.
10. Remove the foil and bake for another 10 minutes or until the cheese is browning and bubbly.
11. Allow the lasagna to cool 10 minutes before cutting.