



Spaghetti Squash with Veggie Tomato Sauce

4 servings

1 hour

Ingredients

- 1 Spaghetti Squash (large)
- 1 1/2 tsps Extra Virgin Olive Oil
- Sea Salt & Black Pepper (to taste)
- 2 cups Crushed Tomatoes (canned)
- 2 cups Lentils (canned)
- 1 Garlic (clove, minced)
- 1/4 tsp Sea Salt
- 1/4 tsp Black Pepper
- 1 tsp Dried Basil
- 2 cups Baby Spinach (chopped)

Directions

- 1 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
- 2 Carefully slice the spaghetti squash in half through its belly and discard the seeds. Place the two halves onto the baking sheet, then brush the flesh with olive oil, and season with sea salt and black pepper to taste. Turn the squash flesh side down onto the baking sheet and bake for 40 minutes.
- 3 Meanwhile, combine the crushed tomatoes, lentils, garlic, sea salt, black pepper and dried basil in a pot over medium heat. Bring to a simmer. Once simmering, add the spinach and stir just until wilted. Turn off the heat.
- 4 Remove the spaghetti squash from the oven. Let cool slightly before carving out the flesh into noodles into a strainer so that the liquid can drain off.
- 5 Divide the spaghetti squash into containers and spoon vegetable tomato sauce over top. Enjoy right away, or let cool completely before covering and storing in the fridge.

Notes

Meat Lovers: Use ground meat instead of lentils.

More Veggies: Add diced zucchini, mushrooms, bell peppers and/or eggplant to the sauce.

No Spaghetti Squash: Use zucchini noodles or regular pasta instead.