



Ingredients

Approx. 10-2 cup servings

Step 1: Cook Squash

- 1 spaghetti squash (about 1 lb.)
- 1 tsp. olive oil
- salt and cracked pepper

Step 2: Build Flavor

- 3 red peppers, diced
- 1 large sweet onion, diced
- 1 bunch kale, chopped
- 2 tsp. olive oil
- 1 Tbsp. chopped rosemary
- 1 Tbsp. Italian seasoning
- 1 tsp. cumin
- 1-25 oz. jar tomato sauce

Step 3: Make Béchamel

- 2 cups nonfat plain Greek yogurt
- ½ cup parmesan cheese
- ½ cup mozzarella cheese
- 2 tsp. Italian Seasoning
- cracked pepper

Optional Protein Rich Add-Ins

- 1 lb. extra lean ground turkey
- 1 lb. diced Italian chicken sausage
- 2 cups shelled edamame

Inspired by: cupcakesandkalechips.com

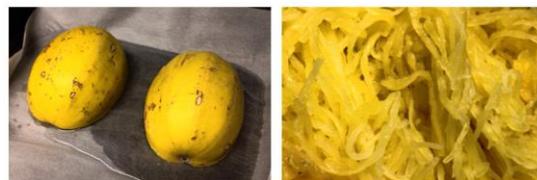
Directions

1) Cut the spaghetti squash lengthwise and season the inside with oil, salt and pepper. Place the inside facing down on a baking sheet with about 1 cup of water. Bake in a 350° oven for 45 minutes, then remove inner meat with a fork.

2) Sauté diced onion and peppers in oil for 15-20 minutes until softened. Add kale, rosemary, Italian seasoning, and cumin. Cook for 5 more minutes, and then add the tomato sauce. In a large mixing bowl, combine these ingredients with the cooked spaghetti squash.

3) Combine all of the béchamel ingredients in step 3.

4) In an oven-safe dish, place the squash mixture on the bottom and top with the béchamel sauce. Bake at 425° for 20 minutes, then broil for an additional 8-10 minutes to brown the top. Cool for 10 minutes and enjoy!



Spaghetti Squash Casserole

Amount	~2 cups
Calories	140
Fat (g)	4.5
Sat. Fat (g)	1.5
Carb. (g)	17
Fiber (g)	3
Protein (g)	10
Gluten Free, Can be Vegan (see cooking tip)	

For Sport Nutrition Questions, contact:

Shawn Hueglin, PhD, RD, CSSD
(714) 277-5378
Shawn.Hueglin@usoc.org

Elizabeth Broad, PhD, AdvSpDiet
(619) 482-6139
Elizabeth.Broad@usoc.org

Liz Fusco, MS/MS Candidate
(707) 331-2981
Liz.Fusco.nutr@gmail.com

Food Fact

Spaghetti squash is one of the few vegetables in season practically any time of year. Spring and summer spaghetti squash tends to be smaller, therefore it cooks faster.

Spaghetti squash is low in calories (only 42 calories per cup) and high in fiber as well as folic acid, potassium, and vitamin A!

Cooking Tip

If you have some smaller oven-safe dishes, this makes a great single-serving dinner. Make half the recipe in single serving containers and the rest in a larger dish to share with friends.

This recipe can easily be made vegan by using a blended tofu, vegan cheese, and fresh herb topping!

Cut down on cooking time by baking the spaghetti squash in advance. Refrigerate until ready to complete the recipe.

