



BUTTERNUT SQUASH BAKED SPAGHETTI

(Maintenance or Special Event)

By Dr. Cindy Tanzar

This dish is super yummy! You won't even miss the pasta. You can purchase frozen veggie spirals, but they are expensive. A veggie spiralizer is a wonderful tool to have in the kitchen. It is easy and much more cost-effective. There are plenty of videos on YouTube that demonstrate how to peel and spiralize butternut squash. You will have plenty left over to sauté separately with butter to eat as a side dish. You won't regret doing so! *This is a maintenance recipe, so there is no recommended serving size.*



INGREDIENTS

- 1 Tbsp avocado oil (more if needed to sauté veggies)
- 1 lb grass-fed ground beef
- 1/2 tsp. Pink Himalayan salt
- 1/2 tsp. black ground pepper
- 2 cloves garlic, minced
- 24 oz. spaghetti sauce with no added sugar (like Simple Truth or Rao's)
- 1 tsp. Italian seasoning, optional (many sauces already have seasoning)
- 12 oz. frozen butternut squash noodles/spirals or 3-3.5 cups fresh (packed)
- 12 oz. frozen zucchini noodles/spirals or 3-3.5 cups fresh, about 2 medium zucchini (packed)
- 2 cups shredded mozzarella cheese



INSTRUCTIONS

Preheat oven to 350°. Heat oil in a large skillet on medium heat. Add ground beef, salt and pepper, cooking until browned. Add garlic and cook for one minute.

Add spaghetti sauce and Italian seasoning (if using) reduce heat to low and simmer for 15 minutes.

If using frozen veggie noodles, cook them one package at a time according to the directions. This is important because the butternut squash does not cook as fast as the zucchini. Drain excess liquid from each.

If making your own veggie noodles, (it is helpful to cut them in 3-4 inch pieces) add a bit of oil and sauté them separately over medium heat. The butternut squash will take 5-7 minutes. It should be al dente, not hard or mushy. Set aside and sauté the zucchini for 2 minutes.

Add the veggie noodles to the sauce, along with one cup of shredded cheese and mix together well. Transfer the mixture to a 3-quart casserole dish (rectangular or round) and top with the remaining cheese.

Bake for 10 to 15 minutes, until cheese is melted. You can always broil it for 1-2 minutes to lightly brown the cheese.

This is what I use. It costs \$20-25 and is so easy to use. The handheld spiralizers are more difficult and will not work for butternut squash. You can make so many things with this gadget!

