



LASAGNA MUSHROOM CAPS WITH SPAGHETTI SQUASH

(MAKES 2 SERVINGS, 2 MUSHROOM CAPS AND 1 CUP SPAGHETTI SQUASH EACH)

TOTAL TIME: 51 MIN.
PREP TIME: 15 MIN.
COOKING TIME: 36 MIN.



1/2 cup Parchment paper
1/2 cup Nonstick cooking spray
2 cloves chopped onion (approx. 2/3 medium)
2 cups chopped green bell pepper (approx. 2/3 medium)
2 garlic, finely chopped
3/4 cup raw spinach
1/4 cup large eggs, lightly beaten
2 tsp. part-skim ricotta cheese
1/4 cup grated Parmesan cheese
4 finely chopped fresh basil
1/2 cup ground black pepper
1/4 cup large portobello mushrooms, stems removed and discarded
2 cups all-natural marinara sauce
2 cups shredded mozzarella cheese
2 cups cooked spaghetti squash, warm

1. Preheat oven to 400° F.
2. Line baking sheet with parchment paper. Set aside.
3. Heat medium nonstick skillet, lightly coated with spray, over medium-high heat.
4. Add onion and bell pepper; cook, stirring frequently, for 3 to 5 minutes, or until onion is translucent.
5. Add garlic; cook, stirring frequently, for 1 minute.
6. Add spinach; cook, stirring frequently, for 2 to 3 minutes, or until spinach is wilted. Set aside.
7. Combine eggs, ricotta cheese, and Parmesan cheese in a medium bowl; mix well.
8. Add onion mixture, basil, and pepper; mix well.
9. Place mushroom caps on prepared pan, gill-sides up.
10. Stuff mushroom caps with cheese mixture; using the back of a spoon, make a well in the middle of the cheese mixture in each mushroom.
11. Fill each well with 2 Tbsp. marinara sauce and top with 1 Tbsp. mozzarella cheese. Bake for 24 to 26 minutes, or until mushroom caps are soft, and cheese is melted.
12. Place 2 mushroom caps on each serving plate. Evenly divide spaghetti squash between serving plates.

Tips:

- Chop the mushroom stems to sauté for use in scrambled eggs, as a veggies-most topping for chicken or beef, or toss with a salad or roasted vegetables.
- For a creamy version, swap marinara sauce with Ilana's Caulifredo Sauce (see separate Mindset Membership recipe for Caulifredo Zoodles with Juicy Chicken).
- To cook spaghetti squash quickly, place whole squash in microwave; cook, on high, for 3 minutes. Cut in half lengthwise; scoop out and discard seeds. Return squash to microwave; cook, on high, for 6 to 8 minutes, or until you can easily remove spaghetti strands with a fork.

Recipes containing the **GF** icon are designed to be Gluten-Free and contain no gluten. If you are following a gluten-free diet, remember to check all labels to confirm your ingredients are 100% gluten-free, since foods are often processed at facilities that also process wheat and other grains.

Recipes containing the **P** icon are designed to be high in protein. These recipes contain at least 20% of the daily value for protein.

Recipes containing the **VG** icon are designed to be Lacto-Ovo vegetarian and contain no poultry, meat, or fish. Please read product labels for each ingredient to ensure this to be the case.



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