

# Spaghetti Squash Casserole

Yield: 8 min  
Total Time: 85 min

Recipe from: <https://www.recipeschoose.com/recipes/italian-marinara-pizza-recipe>

## Ingredients:

- 4 pounds spaghetti squash
- 2 teaspoons olive oil
- 1/2 teaspoon salt
- 1 pound Italian chicken sausage may substitute any uncased Italian sausage
- 15 ounces low fat ricotta cheese
- 1 cup frozen spinach thawed
- 1 cup shredded Italian cheese blend divided, may substitute part-skim mozzarella
- 1 large egg
- 1/8 teaspoon ground nutmeg
- 2 cups marinara sauce

## Nutrition:

1. Calories: 390 calories
2. Carbohydrate: 28 grams
3. Cholesterol: 85 milligrams
4. Fat: 24 grams
5. Fiber: 3 grams
6. Protein: 22 grams
7. SaturatedFat: 8 grams
8. Sodium: 1120 milligrams
9. Sugar: 6 grams

---

Thank you for visiting our website. Hope you enjoy Spaghetti Squash Casserole above. You can see more 19 italian marinara pizza recipe Deliciousness awaits you! to get more great cooking ideas.