

Italian Style Stuffed Spaghetti Squash

Yield: 4 min
Total Time: 90 min

Recipe from: <https://www.recipeschoose.com/recipes/italian-stuffed-spaghetti-squash-recipe-ricotta-cheese>

Ingredients:

- 2 spaghetti squash medium
- 2 tablespoons olive oil
- 1 onion diced
- 2 cloves garlic minced
- 1 pound turkey ground Italian seasoned
- kosher salt
- cracked black pepper Fresh
- 15 ounces diced tomatoes petite
- 8 ounces tomato sauce
- 2 teaspoons dried oregano
- 1 bay leaf
- 1 teaspoon crushed red pepper flakes depends on the spice level you like
- 15 ounces low fat ricotta
- 1/4 cup chopped parsley roughly
- 1 cup low fat mozzarella shredded
- basil Thinly sliced, for garnish, optional

Nutrition:

1. Calories: 790 calories
2. Carbohydrate: 68 grams
3. Cholesterol: 150 milligrams
4. Fat: 43 grams
5. Fiber: 4 grams
6. Protein: 51 grams
7. SaturatedFat: 15 grams
8. Sodium: 890 milligrams

9. Sugar: 10 grams

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