

## **BAKED SPAGHETTI SQUASH LASAGNA**

1 (2 3/4 lb.) med. spaghetti squash, cooked in microwave oven about 12 minutes or baked, then cooled for handling

3 T. flour

1 med. clove garlic, minced

1/2 tsp. salt

1 (15 oz.) carton low fat Ricotta cheese, drained

1 c. packed spinach leaves

1/3 c. grated Parmesan cheese

1 c. Italian style red pasta sauce

6 oz. sliced Mozzarella cheese

Split squash lengthwise. Remove seeds and stringy portion. Use fork to comb squash flesh, pulling it off in long strands. Place in large mixing bowl. Toss with flour, garlic and salt until well combined.

Blend Ricotta, spinach and Parmesan cheese in food processor or blender until smooth.

To assemble, spread 1/2 cup sauce on bottom of shallow 6-cup baking dish. Top with spaghetti squash, arranging evenly and compactly. Spread Ricotta mixture evenly over squash. Spread remaining sauce over Ricotta. Cover with sliced Mozzarella. Place on baking sheet to catch any juices during baking.

Bake on center rack of 350 degree oven, uncovered, until cheese is lightly browned on edges and juices bubble, about 40 to 50 minutes. Cut into squares and serve hot. Makes 6 servings.