

## Baked Spaghetti Squash

*Free of Egg, Peanuts, Tree nuts, Sesame, Shellfish, Wheat, Soy\**

1 large spaghetti squash

1 can tomatoes, crushed

Frozen mixed vegetables (cooked)

1 cup cheese (shredded)

1 can black or kidney beans

Garlic, Basil, Salt and Pepper to taste

Preheat oven to 400 F. Wash spaghetti squash and use a large, sharp knife to cut the squash in half from stem to base. Use a fork or spoon to remove the seeds and discard them. In a large casserole dish, place the squash cut side down and add ½ cup of water (add additional water while baking if necessary). Bake for 35 to 40 minutes or until the squash feels tender when you push on the skin. Allow the squash to cool, then use a fork to separate the strands of squash from the shell. Place the squash strands into a large bowl and toss with tomatoes, vegetables, ½ cup of cheese, beans and seasoning. Rinse and dry the casserole dish so that no squash strands are stuck to the sides. Then pour the squash mixture into the casserole dish and top with the remaining cheese. Bake at 400 F until the casserole is heated through and the cheese topping has melted (about 10 minutes).

Servings: 6 – 8 (\$1.45/serving)