



Spaghetti Squash Parmesan

Ingredients

- 2 whole spaghetti squash
- 1 to 2 tablespoons [Fustini's Basil Crush olive oil](#)
- ½ teaspoon salt
- ½ teaspoon pepper
- 1 teaspoon dried basil
- 1 teaspoon dried oregano
- ½ teaspoon crushed red pepper flakes
- 2 cups marinara sauce, or your favorite bolognese
- 1 8 ounce ball of fresh mozzarella, thinly sliced
- 2 tablespoons finely grated parmesan cheese, for sprinkling
- fresh basil and oregano for sprinkling

Sharon's Hint

Adapted from "How Sweet Eats"

Directions

Step 1.

Preheat the oven to 425 degrees F. Line a baking sheet with foil and spray with nonstick spray. Slice the spaghetti squash in half lengthwise and scrape out the sides. Brush the cut sides with olive oil. Place the squash cut-side down on a baking sheet. Roast for 25 minutes. Remove the baking sheet and flip the squash over. Use a fork to scrape some of the squash up. Season the squash with salt and pepper. Sprinkle on some of the basil and oregano too.

Step 2.

Fill each squash with about ½ cup of marinara or Bolognese (your preference!). Lay the slices of mozzarella on top. Sprinkle on a bit more basil, oregano and the pepper flakes. Return the baking sheet to the oven and bake the squash for another 15 to 20 minutes, until the cheese is golden and bubbly. Sprinkle the squash with finely grated parmesan and fresh herbs and serve!