



Cheesy Baked Spaghetti Squash with Marinara Sauce

READY IN



80 min.

SERVINGS



4

CALORIES



405 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 5 pounds spaghetti squash
- 1 tablespoon olive oil extra virgin extra-virgin
- 1 serving salt
- 1 serving pepper black freshly ground
- 1.8 cups tomatoes jarred
- 2 teaspoons thyme sprigs dried fresh plus more for serving (or $\frac{3}{4}$ teaspoon) chopped
- 1.5 cups mozzarella cheese shredded whole
- 3 tablespoons parmesan finely grated

- 1.5 tablespoons butter unsalted melted
- 0.8 cup panko bread crumbs

Equipment

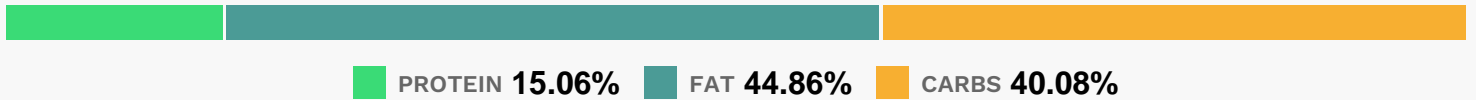
- bowl
- baking sheet
- oven
- knife
- baking pan
- aluminum foil
- cutting board
- chefs knife

Directions

- Preheat the oven to 400°F and set an oven rack in the middle position. Line a baking sheet with heavy-duty aluminum foil for easy clean-up.
- Using a very sharp chef's knife, cut a sliver off of the stem end of each squash (this creates a flat surface to cut the squash in half). Stand each squash upright on a cutting board and slice through them top to bottom to cut each squash in half (use your body weight to press the knife down).
- Using a soup spoon, scrape out the seeds and discard them.
- Place the squash halves cut-side-up on the prepared baking sheet.
- Drizzle with the oil and sprinkle evenly with 1 teaspoon salt and $\frac{1}{2}$ teaspoon pepper. Flip the squash halves so they are cut-side-down. Roast for 40 to 50 minutes, or until the squash is golden brown underneath and tender when pierced with a fork. You should be able to scrape the strands away from the skin easily. Flip the squash halves so they are cut-side-up, and let sit until cool enough to handle. Use a fork to scrape out and fluff the strands.
- Increase the oven temperature to 425°F.
- Place the strands in a large bowl.
- Add the marinara sauce, $\frac{3}{4}$ teaspoon salt, $\frac{1}{4}$ teaspoon pepper, and thyme and toss gently until the squash is evenly coated. Taste and add adjust seasoning if necessary.

- Transfer the mixture to an ungreased 9 x 13-inch baking dish.
- Sprinkle the mozzarella cheese evenly over top, followed by the Parmigiano-Reggiano.
- In a small bowl, combine the melted butter with the panko, and mix until the panko is evenly coated.
- Sprinkle the panko mixture evenly over the cheese.
- Bake for 25 to 30 minutes, or until the top is golden.
- Let cool for a few minutes, then sprinkle with more fresh thyme and serve.
- Make-Ahead/Freezer-Friendly Instructions: The casserole can be assembled and refrigerated for up to 2 days before baking, or frozen for up to 3 months.
- Bake directly from the refrigerator or freezer, allowing a few extra minutes in the oven.

Nutrition Facts



Properties

Glycemic Index:44, Glycemic Load:2.17, Inflammation Score:-9, Nutrition Score:20.893913289775%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg

Nutrients (% of daily need)

Calories: 405.31kcal (20.27%), Fat: 21.34g (32.84%), Saturated Fat: 9.97g (62.34%), Carbohydrates: 42.91g (14.3%), Net Carbohydrates: 34.61g (12.59%), Sugar: 16.09g (17.88%), Cholesterol: 47.02mg (15.67%), Sodium: 1031.46mg (44.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.12g (32.24%), Calcium: 390.17mg (39.02%), Manganese: 0.76mg (37.77%), Fiber: 8.3g (33.2%), Vitamin A: 1439.25IU (28.78%), Vitamin B3: 5.71mg (28.54%), Vitamin B6: 0.55mg (27.4%), Phosphorus: 272.88mg (27.29%), Potassium: 818.26mg (23.38%), Vitamin C: 17.56mg (21.28%), Magnesium: 81.02mg (20.26%), Vitamin B1: 0.3mg (19.89%), Vitamin B5: 1.93mg (19.29%), Vitamin B2: 0.33mg (19.14%), Vitamin E: 2.79mg (18.6%), Folate: 73.81µg (18.45%), Selenium: 12.72µg (18.18%), Iron: 3.23mg (17.97%), Vitamin B12: 1.05µg (17.51%), Zinc: 2.52mg (16.78%), Copper: 0.31mg (15.67%), Vitamin K: 10.91µg (10.39%), Vitamin D: 0.27µg (1.77%)