



Olive, Lamb, and Red Pepper Casserole

 **Gluten Free**

READY IN



165 min.

SERVINGS



10

CALORIES



249 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 15 ounce tomato sauce canned
- 1 tablespoon basil dried
- 1 tablespoon rosemary fresh chopped
- 5 cloves garlic chopped
- 1 pound lamb
- 1 tablespoon olive oil
- 1 teaspoon oregano dried
- 12 pimento-stuffed olives green sliced

- 2 bell peppers diced red seeded
- 0.5 small onion red chopped
- 12 ounces pecorino crumbled
- 10 servings salt and pepper to taste
- 2 pound spaghetti squash halved seeded

Equipment

- bowl
- frying pan
- baking sheet
- oven
- baking pan
- aluminum foil

Directions

- Preheat oven to 375 degrees F (190 degrees C). Line a baking sheet with aluminum foil. Poke holes in the skin of the squash, and place onto the baking sheet cut-side down.
- Bake in the preheated oven until soft, about 1 hour. Turn the squash cut-side up, and allow to cool until cool enough to handle, about 30 minutes.
- Heat 1 tablespoon of olive oil in a skillet over medium-high heat. Stir in the ground lamb, and cook until browned and crumbly, about 7 minutes. Once browned, remove the lamb from the skillet and set aside.
- Heat the remaining 1 tablespoon of olive oil in the skillet over medium heat. Stir in the onion and bell peppers, and cook until the onion has softened and turned translucent, about 5 minutes. Stir in the garlic, basil, rosemary, and oregano. Season to taste with salt and pepper (remember that the ricotta salata is very salty). Continue cooking and stirring until the flavor of the garlic has mellowed, about 3 minutes more.
- Scrape the flesh of the warm spaghetti squash into a large bowl. Separate the strands of the squash with a fork, and season with salt and pepper to taste.
- Place half of the squash into a 9x13 inch baking dish. Evenly spread with half of the lamb, half of the red pepper mixture, half of the olives, sprinkle with half of the cheese, and spread with half of the tomato sauce. Repeat the layers using the remaining squash, lamb, red pepper

mixture, olives, cheese, and tomato sauce.

Bake the casserole in the preheated oven until hot and bubbly, about 30 minutes.

Nutrition Facts

PROTEIN 20.17% **FAT 62.94%** **CARBS 16.89%**

Properties

Glycemic Index:16.6, Glycemic Load:1.56, Inflammation Score:-8, Nutrition Score:13.502173890238%

Flavonoids

Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.2mg, Quercetin: 1.2mg, Quercetin: 1.2mg, Quercetin: 1.2mg

Nutrients (% of daily need)

Calories: 248.96kcal (12.45%), Fat: 17.78g (27.36%), Saturated Fat: 7.86g (49.14%), Carbohydrates: 10.74g (3.58%), Net Carbohydrates: 8.09g (2.94%), Sugar: 4.67g (5.19%), Cholesterol: 50.46mg (16.82%), Sodium: 538.38mg (23.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.82g (25.64%), Vitamin C: 35.72mg (43.3%), Vitamin A: 1189.32IU (23.79%), Selenium: 14.24µg (20.34%), Vitamin B3: 4.06mg (20.32%), Vitamin B12: 1.16µg (19.39%), Phosphorus: 155.97mg (15.6%), Zinc: 2.28mg (15.21%), Vitamin B6: 0.28mg (14.22%), Vitamin B2: 0.23mg (13.57%), Vitamin K: 14µg (13.34%), Manganese: 0.25mg (12.36%), Calcium: 119.51mg (11.95%), Potassium: 412.99mg (11.8%), Iron: 2.06mg (11.44%), Vitamin E: 1.67mg (11.11%), Fiber: 2.65g (10.6%), Folate: 37.92µg (9.48%), Magnesium: 35.26mg (8.81%), Vitamin B5: 0.83mg (8.3%), Copper: 0.15mg (7.63%), Vitamin B1: 0.11mg (7.23%)