



Spaghetti Squash Pesto Lasagna

 **Gluten Free**  **Dairy Free**

READY IN



90 min.

SERVINGS



6

CALORIES



194 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.1 teaspoon ground pepper
- 0.5 teaspoon ground mustard dry
- 14 ounce tofu (not silken)
- 1 cup basil fresh packed
- 2 cloves garlic peeled
- 1 tablespoon juice of lemon
- 8 ounces mushrooms sliced
- 1 cup non-dairy milk plain sugar-free

- 0.3 cup nutritional yeast
- 2 tablespoons potato flour
- 1 ounce cashew pieces raw
- 1 teaspoon salt (if you use)
- 6 servings pepper black freshly ground to taste
- 1.5 cups pasta sauce low-fat homemade
- 3 pounds spaghetti squash
- 1 cup pkt spinach

Equipment

- food processor
- bowl
- frying pan
- sauce pan
- oven
- blender
- casserole dish
- microwave
- colander
- pressure cooker
- steamer basket

Directions

- Cook the spaghetti squash. You can bake it, microwave it, or do as I did and pressure cook it. To pressure cook, cut the squash in half and scoop out the seeds.
- Place a steamer basket in your pressure cooker, add 1 cup of water, and place the squash halves in the basket. Seal pressure cooker and cook at high pressure for 8 minutes. Release pressure, uncover, and allow the squash to cool until you can handle it comfortably. Using a fork, scrape out the strands of "spaghetti." It may take a little effort and going "against the grain."

- Put the squash strands into a colander set over a large bowl and set aside. (You can cook the spaghetti squash ahead of time as long as you drain it well before using.)
- Heat a medium-sized sauce pan.
- Add the mushrooms and 1 clove chopped garlic, along with 1 tablespoon of water. Stir and cover tightly. Cook, stirring every 60 seconds, until the mushrooms soften and exude their juices, about 3 minutes. Uncover and cook until most of the liquid evaporates. Season lightly with salt and pepper, if you like, and set aside. Make the filling: Start your food processor and drop in the 2 cloves of peeled garlic. Process until finely chopped.
- Place all ingredients into a blender and blend until completely smooth. Preheat oven to 375F. Lightly oil a 2 1/2 to 3 quart oblong casserole dish. (Mine is 9.5 X 6.5 X 3 inches deep.) Assemble the lasagna: Spoon about 1/4 cup of the spaghetti sauce into the bottom of the dish, just enough to coat the bottom.
- Spread half of the spaghetti squash over the sauce, and sprinkle with salt and pepper if you like. Drop the filling over the squash by large spoonfuls and then spread it out evenly. Arrange the mushrooms over the filling, followed by the spinach, if you're using it.
- Pour half of the cheese sauce over the spinach and mushrooms.
- Add the remaining squash, smoothing it into an even layer.
- Pour the remaining spaghetti sauce over the top.
- Bake for 15 minutes. Then carefully, starting in the center of the pan, pour the remaining cheese sauce over the top, being careful not to splash the sauce onto the hot pan. Return to the oven and cook until the lasagna is bubbling all around the edges, about 30-40 more minutes.
- Remove from oven and allow to stand for at least 15 minutes—the sauce will thicken and the lasagna will be less watery the longer it stands.
- Serve warm.

Nutrition Facts



Properties

Glycemic Index:57.77, Glycemic Load:2.36, Inflammation Score:-8, Nutrition Score:16.772173798603%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg

Nutrients (% of daily need)

Calories: 194.06kcal (9.7%), Fat: 7.21g (11.09%), Saturated Fat: 1.03g (6.42%), Carbohydrates: 23.82g (7.94%), Net Carbohydrates: 18.39g (6.69%), Sugar: 9.06g (10.07%), Cholesterol: 0mg (0%), Sodium: 735.87mg (31.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.34g (24.68%), Vitamin K: 45.75µg (43.57%), Vitamin A: 1311.05IU (26.22%), Vitamin B3: 5.03mg (25.17%), Manganese: 0.5mg (24.88%), Copper: 0.44mg (21.79%), Fiber: 5.43g (21.72%), Vitamin B6: 0.43mg (21.27%), Calcium: 203.16mg (20.32%), Potassium: 675.79mg (19.31%), Vitamin B2: 0.32mg (18.71%), Vitamin C: 14.87mg (18.02%), Iron: 3.04mg (16.88%), Vitamin E: 2.3mg (15.3%), Folate: 58.98µg (14.74%), Vitamin B5: 1.41mg (14.12%), Magnesium: 55.21mg (13.8%), Vitamin B1: 0.16mg (10.99%), Phosphorus: 108.95mg (10.89%), Selenium: 6.8µg (9.72%), Zinc: 1.1mg (7.36%), Vitamin B12: 0.44µg (7.33%), Vitamin D: 0.55µg (3.65%)