

Lasagna Style Spaghetti Squash: The Best Guilt-Free Comfort Food

, I'm always on the hunt for recipes that bridge the gap between "healthy" and "heavenly."



OVEN
400°F

TIME
45-60 min

METHOD
Air fryer

PRINT
Recipe Card

INGREDIENTS

1 Large Spaghetti Squash: Look for one that feels heavy for its size and has a firm, unblemished skin.

500g Minced Lean Beef: You can also use ground turkey or chicken for a lighter profile.

2 Cups Pasta Sauce: Use your favorite high-quality marinara or meat sauce.

1/2 Cup Ricotta Cheese: This provides that classic creamy lasagna layer.

1/2 Cup Shredded Mozzarella: Plus extra for that golden, bubbly topping.

2 Tablespoons Fresh Basil: Chopped finely to brighten up the heavy flavors.

Pantry Staples: Olive oil (or coconut oil), sea salt, and cracked black pepper.

DIRECTIONS

1. Roasting the Squash: Pre-heat your oven to 200°C (approx. 400°F). Preparation is key here: wash your squash thoroughly, then carefully slice off the stem. Slice the squash lengthwise.
2. Pro-: Tip: Don't throw away those seeds! You can roast them just like pumpkin seeds for a crunchy snack.
3. Scoop out the seeds and "gunk." Brush the interior with olive oil and season generously with salt and pepper. Place the halves face-down in a 9x13 baking dish. Add a splash of water to the bottom of the dish to create steam. Roast for 45-60 minutes. You'll know it's done when the skin is easily pierced with a knife and the inside "fluffs" into noodles with a fork.
4. Prepare the Filling: While the squash is in the oven, it's time to build your flavor. Brown your minced meat in a large skillet over medium heat. Once cooked through, drain the excess fat. Pour in your pasta sauce and let it simmer for about 5-10 minutes to allow the flavors to meld.
5. The Cheese Blend: In a small mixing bowl, stir together your ricotta, mozzarella, and fresh basil. This mixture is what gives the dish its "lasagna" soul.
6. Fluff and Fill: Once the squash is tender, remove it from the oven and flip the halves over (be careful of the steam!). Use a fork to scrape and fluff the insides. You don't need to remove the "noodles"-just loosen them up so the sauce can settle into the grooves.
7. Now, the fun part: Layering!
8. Start with a generous scoop of the red meat sauce.

9. Add a layer of the ricotta cheese mixture.
10. Repeat the layers until the squash boats are overflowing.
11. Top with an extra handful of mozzarella cheese.
12. The Final Bake: Pop the stuffed boats back into the oven for about 10-15 minutes, or until the cheese is melted, bubbly, and starting to turn golden brown.

SWAPS & NOTES

The Protein: If you want a bit more kick, try browning some Italian sausage instead of beef.

It adds a fennel-forward depth that pairs perfectly with the squash.

Dairy-Free: You can use almond-based ricotta and a vegan mozzarella shred if you are avoiding dairy.

The Sauce: For a spicy twist, use an Arrabbiata sauce.

TIPS FOR SUCCESS

Avoid Sogginess: If your squash seems very watery after roasting, let it sit for 5 minutes after fluffing, then pat the "noodles" gently with a paper towel before adding your sauce.

The Fork Test: If the squash is hard to scrape, it needs more time.

It should pull away from the skin with almost no resistance.

Add Heat: A pinch of red pepper flakes in the meat sauce goes a long way.

More recipes: [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/lasagna-style-spaghetti-squash-the-best-guilt-free-comfort-food/>