



# JERSEY TASTES!

## RECIPES

### Spaghetti Squash Casserole

**Fun Fact:**  
Spaghetti Squash gets its name from the fact that, when it's cooked, its flesh separates into shapes that look remarkably like noodles.

#### INGREDIENTS:

**FAMILY-SIZE**

**SERVES: 6**

**PORTION SIZE:**

- 1 Spaghetti Squash
- 1 lb. Ground Beef, lean
- 1 Onion, diced
- 2 cloves Garlic
- 15 ounces Tomatoes, diced, canned
- 1 tablespoon Tomato Paste
- 1 cup Marinara/Tomato Sauce
- 1 teaspoon Italian Seasoning
- 1.5 cups Mozzarella Cheese, shredded

#### DIRECTIONS:

- 1** Cut squash in half, lengthwise. Cook squash until tender. For a 1.5-2 lb. spaghetti squash cook at 400°F for 40-50 minutes.
- 2** Brown ground beef. Drain fat. Add onions & garlic. Cook for additional 5 minutes.
- 3** Add diced tomatoes, tomato paste, tomato sauce & seasoning. Simmer 5 minutes.

**SCHOOL FOOD SERVICE**

**# PORTIONS: 24**

**PORTION SIZE: 1 EACH/ PIECE**

- 4 Spaghetti Squash
- 4 lbs. Ground Beef, lean
- 4 Onions, approx. 1.5 lbs., diced
- 4 teaspoons Garlic, minced
- 1/2 #10 can Tomatoes, diced, canned
- 1/4 cup Tomato Paste
- 1 quart plus 1 cup Marinara/Tomato Sauce
- 1 Tbsp. Italian Seasoning
- 6.5 cups Mozzarella Cheese, shredded

**Portion Size: 1 each/piece = 3 oz. Meat Alt.;  
1/4 cup Veg/Other; 3/4 cup Veg/Red-Orange**

- 4** Scoop squash out of shells. Add squash to tomato & beef mixture.
- 5** Place in a casserole dish or 2.5" full size steamtable pan (or back into the squash halves). Top with cheese. Bake for 20 minutes at 350°F or until golden and bubbly.  
Food Service: Cut pan into 4x6 (24 portions).

RECIPES MADE IN COLLABORATION WITH:

