

Spaghetti Squash Lasagna

Prep Time: 1/2 Hour

Cook Time: 45 mins

Servings: 8

Ingredients:

- 1 medium spaghetti squash, cooked
- 300g ground beef
- 1/2 cup onion, chopped
- 1/2 jar pasta sauce
- 1 1/2 cups cottage cheese
- salt and pepper to taste
- 2 cups mozzarella cheese, shredded

Instructions: (see Video)

1. Bake at 350 degrees.
2. Broil for a few minutes at the end to brown the cheese.
3. Let sit for 15-20 mins before eating.