

# Spaghetti Squash & Zucchini Lasagna

eatrealfoodacademy.com



## Ingredients:

- 1 large spaghetti squash, cooked
- 1 lb ground beef (grass fed, preferably)
- 3 cloves garlic, minced
- 1 small onion, chopped
- 1 small green pepper, chopped
- 6 oz tomato paste, no salt added
- 15 oz tomato sauce, no salt or vegetable oils added
- 1 tbsp fresh parsley
- 1 tbsp basil
- 1 tbsp oregano
- salt and pepper, to taste
- 1 tbsp coconut oil
- 1 zucchini, sliced thinly
- 1 cup mushrooms, sliced
- 1 cup cheese, optional if tolerated well

## Preparation:

Cook the spaghetti squash by cutting in half, scooping out the seeds, and baking in oven (cut side up) at 350F for 25-30 mins, or on high in microwave (cut side down in 1" of water) ~7-8 minutes.

Brown the ground beef in a large pan over medium heat, stirring frequently.

Add in garlic, onion and green pepper, and continue to sauté for 5 minutes.

Stir in tomato paste and tomato sauce.

Add in parsley, basil, oregano, salt and pepper, continuing to stir.

Grease a 9" x 13" baking dish with coconut oil.

Place a thin layer (1/2") of the sauce in the baking dish.

Layer squash, zucchini, mushroom and cheese over sauce, and repeat, alternating layering of sauce, then squash, zucchini, mushrooms and cheese.

Bake lasagna at 350F for 25-30 minutes, or until cheese is bubbly.