

Spaghetti Squash Lasagna

Recipe by Megan Skupny

8 SERVINGS

- **2 spaghetti squash**
- **Olive oil (5 Tbsp divided)**
- **½ medium onion, diced**
- **2 celery stalks, diced**
- **2 large carrots, diced**
- **1 cup mushrooms, halved and sliced**
- **½ tsp each rosemary, thyme, oregano, basil, parsley, and garlic powder**
- **3 cups tomatoes**
- **1 can diced tomatoes**
- **2 Tbsp tomato paste**
- **½ cup dry red wine**
- **1 ½ pounds lean ground beef**
- **1 pound of spinach**
- **1 pound of shredded mozzarella cheese**
- **14 ounce of ricotta cheese**
- **½ cup parmesan cheese**
- **Salt and pepper**

DIRECTIONS

1. Preheat oven to 400 degrees
2. Remove top from spaghetti squash. Cut in half long-wise, and remove seeds.
3. Place on foil lined baking sheet and slather with 2 Tbsp olive oil. Add salt and pepper. Flip skin side up and use a fork to poke holes in the skin of the squash. Put in the oven for 25 minutes.
4. Remove from oven and let cool. Use a fork to scrape the squash sideways to remove from the skin. It should look like spaghetti noodles.
5. While squash is cooking, heat 2 Tbsp olive oil in large pan over medium heat. Add onion and cook for 3 minutes or until translucent. Add celery and carrots. Sauté for a few minutes until they begin to soften. Add mushrooms, and continue to cook for another 2 minutes.
6. Add ½ cup red wine to pan to deglaze and scrape up all the yumminess from the bottom of the pan.
7. Add rosemary, thyme, oregano, and garlic powder, and turn heat down to med-low. Stir to incorporate and let cook for 1-2 minutes.
8. Add tomatoes and tomato paste. Add salt and pepper to taste. Let simmer for 15 minutes or until reduced to your liking.
9. Heat 1 Tbsp olive oil in second pan over medium heat. Sauté spinach for 2-3 minutes. Add a pinch of salt.
10. Heat a third pan over medium-high heat. Add ground beef. Cook until nearly finished, about 5 minutes.
11. Spray 9x12 baking dish with olive oil or spread butter along bottom and sides of pan.
12. Begin to build your lasagna. Sauce, spaghetti squash, ground beef, mozzarella, ricotta. Add all spinach to the next layer. Repeat. Top with parmesan cheese.
13. Put in oven at 400 degrees for 18 minutes. Then, broil for 2 minutes to finish the dish.

ENJOY!

WINE 2016 Lang & Reed Cabernet Franc, North Coast