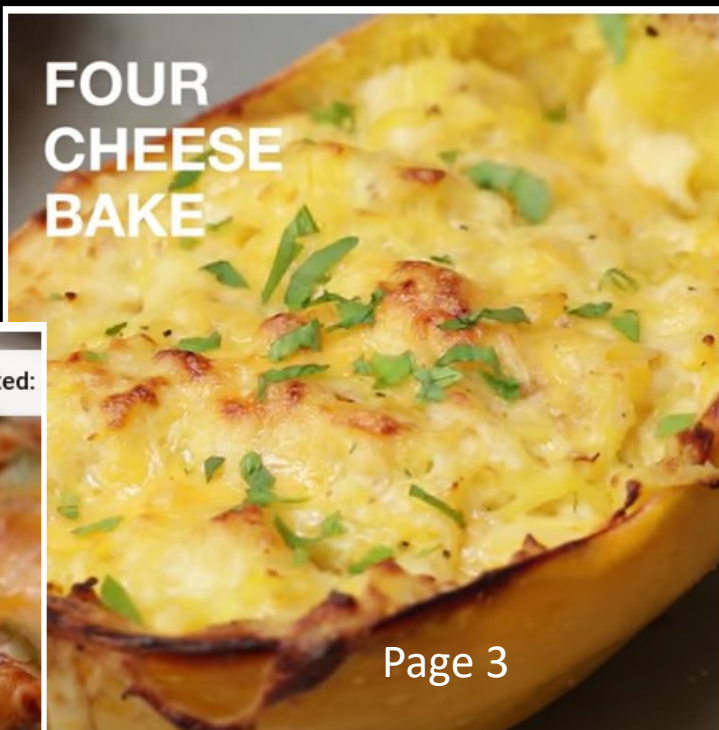


SPAGHETTI SQUASH SERVED 4 WAYS

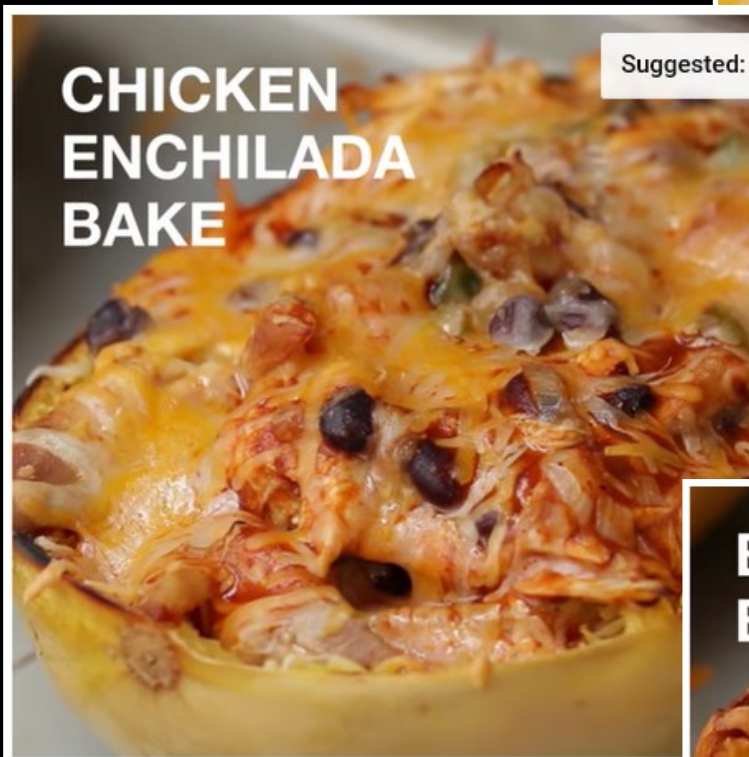
FOUR CHEESE BAKE



Page 3

CHICKEN ENCHILADA BAKE

Suggested:



Page 4

BREAKFAST BAKE



Page 2

BOLOGNESE BAKE



Page 5

SPAGHETTI SQUASH SERVED 4 WAYS BREAKFAST BAKE

Serves 4



Click below for cooking video

<https://www.youtube.com/watch?v=CXuNaKShob0>

INGREDIENTS

- 1 spaghetti squash
- 2-3 Tablespoons Olive Oil
- 1/2 cup of bacon, chopped
- 1/2 cup cheddar cheese, grated
- 4 Eggs, ideally pasture-raised, cage-free and Organic
- **Salt** to taste, about 1/2 teaspoon (For proper sodium to potassium ratio use "[Morton's Lite Salt](#)")
- Pepper to taste
- 4 green onions, for garnish

DIRECTIONS

1. Preheat oven to 400° F.
2. Half the squash and scoop out seeds.
3. Brush the inner flesh with oil, season with salt and pepper.
4. Place squash cut side down, and roast until tender, about 30 minutes. Then let cool.
5. Use a fork to scrape the squash strands and "fluff" it up.
6. Sprinkle bacon and cheese on top of the fluffed squash.
7. Make a hole with a spoon and crack an egg inside.
8. Place breakfast squash halves back in the oven, and bake until filling is hot and eggs reach your desired doneness, about 10 minutes.
9. Garnish with chopped green onion and black pepper. Serve immediately and enjoy!



More great recipes at TrinityHealthCoaching.com

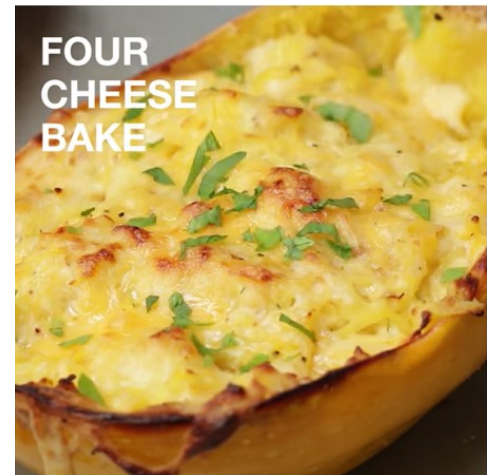
Got Questions?
We've got Answers!

SPAGHETTI SQUASH

SERVED 4 WAYS

CHEESY BAKE

Serves 4



Click below for cooking video

Recipe starts at 34 seconds in the video.

<https://www.youtube.com/watch?v=CXuNaKShob0>

INGREDIENTS

- 1 spaghetti squash
- 2-3 Tablespoons Olive Oil
- 1/4 cup butter
- 1/4 cup Almond flour
- 1 3/4 cups whole milk
- 1/2 cup parmesan cheese, divided in half
- 1/4 cup cheddar cheese
- 1/4 mozzarella cheese
- 1/4 Monterey jack cheese
- **Salt** to taste, about 1/2 teaspoon (For proper sodium to potassium ratio use "[Morton's Lite Salt](#)")
- Pepper to taste
- Chopped parsley, for garnish

DIRECTIONS

1. Preheat oven to 400° F.
2. Half the squash and scoop out seeds.
3. Brush the inner flesh with oil, season with salt and pepper.
4. Place squash cut side down, and roast until tender, about 30 minutes. Let cool.
5. Use a fork to scrape the squash strands and "fluff" it up.
6. In a saucepan, melt butter, stir in flour, and cook for about 2 minutes, stirring continuously.
7. Slowly stir in milk and beat until there are no lumps.
8. Bring the sauce slowly to boil, stirring the whole time until the sauce is thickened.
9. Add all four cheeses to the sauce and stir until melted.
10. Pour the sauce into the squash halves, sprinkle salt and pepper to taste, and stir to ensure the squash is coated in the cheese sauce.
11. Bake until the filling is hot, about 5 minutes.
12. Garnish with chopped parsley.

SPAGHETTI SQUASH

SERVED 4 WAYS

CHICKEN ENCHILADA BAKE

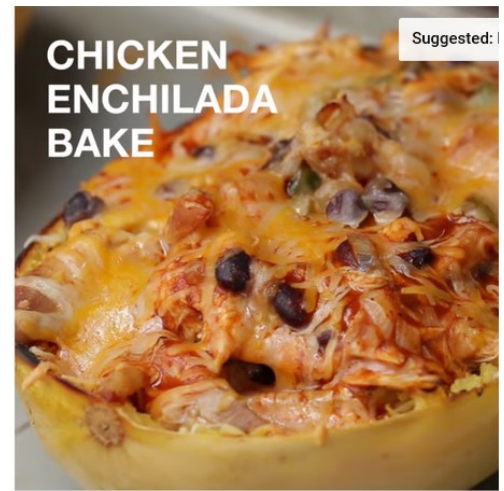
To serve 4

INGREDIENTS

- 1 spaghetti squash
- 2-3 Tablespoons Olive Oil
- 2 cups of shredded chicken, cooked (rotisserie chicken)
- 1/2 teaspoon cumin
- 1/4 teaspoon garlic powder
- 1/8 teaspoon chili powder
- 1/3 cup onion, chopped
- 1/3 cup bell pepper, chopped
- 1/4 cup black beans
- 1/2 cup red enchilada sauce
- 1/2 cup shredded Mexican cheese blend
- **Salt** to taste, about 1/4 teaspoon (For proper sodium to potassium ratio use "[Morton's Lite Salt](#)")
- Pepper to taste

DIRECTIONS

1. Preheat oven to 400° F.
2. Half the squash and scoop out seeds.
3. Brush the inner flesh with oil, season with salt and pepper.
4. Place squash cut side down, and roast until tender, about 30 minutes.
5. In a medium skillet, bring up to medium heat.
6. Add onion and bell pepper, cumin, garlic powder, chili powder, and salt.
7. Add 3 tablespoon cold water
8. Cook and stir until veggies have mostly softened and browned and water has evaporated, about 3 minutes. Transfer the veggies to a large bowl.
9. Add chicken, black beans, 1/2 cup enchilada sauce, and 1/4 cup cheese. Mix until uniform.
10. Use a fork to scrape the squash strands and "fluff" it up.
11. Divide enchilada mixture between the hollow squash halves. Sprinkle tops with more cheese.
12. Bake until filling is hot and cheese has melted, about 10 minutes.
13. Garnish with chopped green onion and black pepper.



Click below for cooking video

Recipe starts at 1 min. 7 sec. in the video

<https://www.youtube.com/watch?v=CXuNaKShob0>

SPAGHETTI SQUASH

SERVED 4 WAYS

SPAGHETTI BAKE

Serves 4

INGREDIENTS

- 1 spaghetti squash
- 2-3 Tablespoons Olive Oil
- 1 pound ground beef
- 1 yellow onion, diced
- 3 cloves garlic, minced
- 1 can (15 ounces) crushed tomatoes
- 1 cup shredded mozzarella
- **Salt** to taste, about 1/2 teaspoon (For proper sodium to potassium ratio use "Morton's Lite Salt")
- Chopped parsley, for garnish

DIRECTIONS

1. Preheat oven to 400° F.
2. Half the squash and scoop out seeds.
3. Brush the inner flesh with oil, season with salt and pepper.
4. Place squash cut side down, and roast until tender, about 30 minutes. Then let cool.
5. Use a fork to scrape the squash strands and "fluff" it up.
6. In a skillet, heat up oil over medium-high heat.
7. Stir in onions and cook until translucent, 5-8 minutes.
8. Stir in garlic and cook until fragrant, 30 seconds. Add the ground beef and bit of salt.
9. Cook until well-browned, breaking up the beef into small crumbles, 5-8 minutes.
10. Stir in the crushed tomatoes and bring to a simmer.
11. Divide the meat sauce mixture between the hollow squash halves.
12. Evenly top with the 1/2 cup of cheese
13. Bake until filling is hot and cheese is melted, about 5 min.
14. Garnish with chopped parsley.



Click below for cooking video

Recipe starts at 1 min. 34 sec. in video

<https://www.youtube.com/watch?v=CXuNaKShob0>