

# Spaghetti Squash Casserole with Greek Yogurt Béchamel

## Ingredients

Preparation time: 60 minutes

Servings: 10

Cost: \$

### Step 1: Cook Squash

1 spaghetti squash (about 1 lb.)  
1 tsp. olive oil  
salt and cracked pepper

### Step 2: Build Flavor

3 red peppers, diced  
1 large sweet onion, diced  
1 bunch kale, chopped  
2 tsp. olive oil  
1 Tbsp. chopped rosemary  
1 Tbsp. Italian seasoning  
1 tsp. cumin  
1-25 oz. jar tomato sauce

### Step 3: Make Béchamel

2 cups Chobani Nonfat Plain Greek Yogurt  
½ cup parmesan cheese  
½ cup mozzarella cheese  
2 tsp. Italian Seasoning  
cracked pepper

Inspired by:  
cupcakesandkalechips.com

## Directions

1. Cut the spaghetti squash lengthwise and season the inside with oil, salt and pepper. Place inside facing down on a baking sheet with about 1 cup of water. Bake in a 350° oven for 45 minutes, then remove inner meat with a fork.
2. Sauté diced onion and peppers in oil for 15-20 minutes until softened. Add kale, rosemary, Italian seasoning, and cumin. Cook for 5 more minutes, and then add the tomato sauce. In a large mixing bowl, combine with the spaghetti squash.
3. Combine all of the béchamel ingredients in step 3.
4. In an oven-safe dish, place the squash mixture on the bottom and top with the béchamel sauce. Bake at 425° for 20 minutes, then broil for an additional 8-10 minutes to brown the top. Let cool for 10 minutes.



### Cost per serving:

\$ = < \$5, \$\$ = \$5-10, \$\$\$ = > \$10

Spaghetti Squash Casserole	
Amount	~2 cups
Calories	140
Fat (g)	4.5
Sat. Fat (g)	1.5
Carb. (g)	17
Fiber (g)	3
Protein (g)	10
Allergen Info: Gluten free	

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## Cooking Tip

This recipe can easily be made vegan by using a blended tofu, vegan cheese, and fresh herb topping! Cut down on cooking time by baking the spaghetti squash in advance then refrigerating until ready to complete the recipe. If you have smaller, oven-safe dishes, this makes a great single-serving meal. Make a few single servings and one large one to share.

## Performance Facts

Spaghetti squash is low in calories (42 calories per cup) and high in fiber as well as folic acid, potassium, and vitamin A.