

spaghetti squash pizza boats

Serves 2

RECIPE ADAPTED FROM: [Toaster Oven Love](#)

PREP TIME: 10 minutes

COOK TIME: 15 minutes

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- 1 medium spaghetti squash (about 32oz)
 - ¼ tsp sea salt
 - ⅛ tsp black pepper
 - ½ cup ricotta cheese
 - 8oz frozen chopped kale or spinach, thawed and squeezed dry
 - ½ cup loosely packed fresh basil, finely chopped
 - 1 tsp Italian seasoning
 - ½ cup jarred pizza sauce (no sugar added)
 - ⅓ cup grape tomatoes, sliced
 - ½ cup shredded mozzarella
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Optional Pizza Toppings

- Sliced black olives, bell peppers, mushrooms
- Shredded chicken, pre-cooked
- Ground beef or turkey crumbles, pre-cooked
- Sliced chicken sausage, pre-cooked

WASH and dry spaghetti squash. Use a sharp knife to stab the squash a few times all over. Microwave for 5 minutes. Flip and cook for 5 more minutes. Let cool for 5 minutes.

PREHEAT toaster oven to 350°F.

WHILE the squash cools, mix together salt, pepper, ricotta, spinach or kale, ½ of the chopped basil, Italian seasoning and ¼ cup pizza sauce. Set aside.

ONCE the squash cools, slice in half lengthwise and scoop out the seeds. Scrape the cooked squash into strands with a fork leaving the skin intact.

TRANSFER squash strands to bowl with ricotta mixture and mix well.

PLACE half of the ricotta squash mixture into each squash bowl.

SPREAD remaining pizza sauce over each bowl and top with sliced tomatoes.

SPRINKLE with mozzarella cheese and other toppings, as desired.

PLACE in pre-heated toaster oven and bake uncovered for 10 minutes.

TURN on the broiler and broil for 2-3 minutes until cheese is bubbly and starting to brown.

