Spaghetti Squash and Meat Sauce

1 spaghetti squash
1 lb. lean ground beef (95% lean)
1 onion, chopped
4 cloves garlic, minced
1 small green bell pepper, diced
1 (28 ounce) can diced tomatoes
1 (16 ounce) can tomato sauce
1 (6 ounce) can tomato paste
2 teaspoons dried oregano
2 teaspoons dried basil
1 teaspoon salt
1/2 teaspoon black pepper
1/4 cup grated Parmesan cheese

Preheat oven to 375 degrees F. Poke holes in the squash with a fork and place on a baking sheet. Bake for 30 minutes, turn and continue baking another 30 minutes. Remove from the oven and let cool for 10 minutes. Slice it horizontally, and scoop out the seeds and pulp. Separate strands with a fork. If the squash is not completely done, strands don't separate easily, it can be placed back in the oven, open faced, and baked for an additional 10-20 minutes.

While the squash is baking, combine ground beef, onion, garlic, and green pepper in a large saucepan. Cook and stir until meat is brown and vegetables are tender. Drain grease.

Stir diced tomatoes, tomato sauce, and tomato paste and seasonings into the pan. Simmer for 1 hour, stirring occasionally. Spoon over spaghetti squash and sprinkle with grated Parmesan cheese. Makes 8 servings.

Nutrition Facts per Serving: 206 Calories, 6g Fat, 23g Carbohydrates, 17g Protein

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