Baked Spaghetti Squash with Tomato Sauce and Cheese

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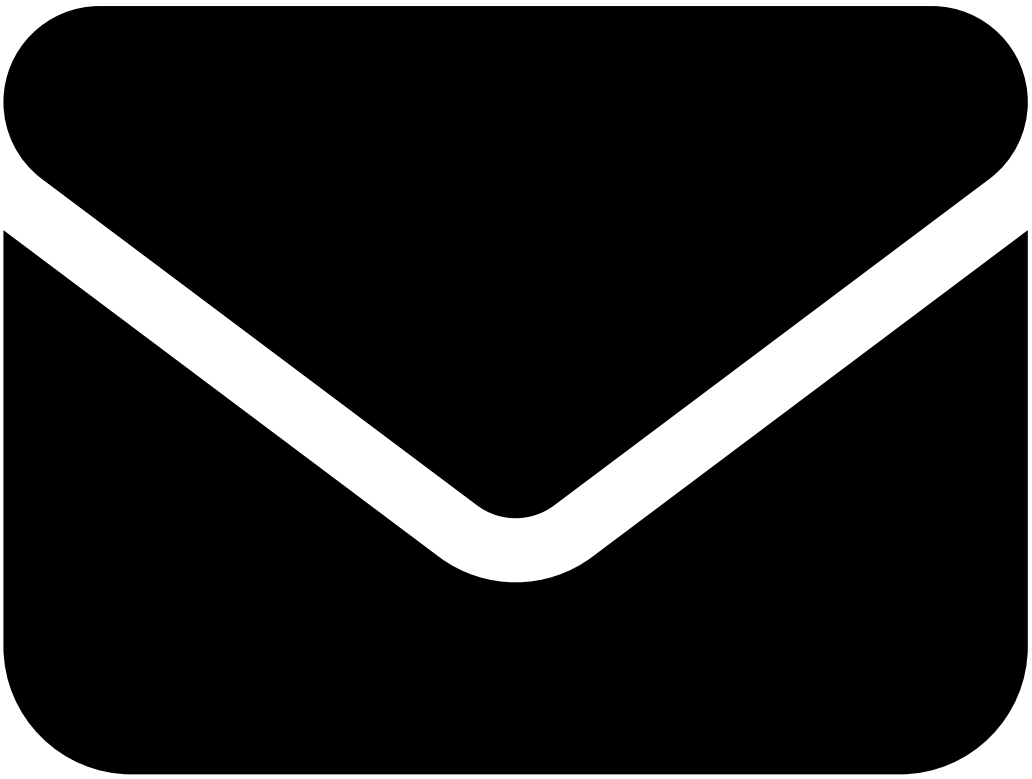




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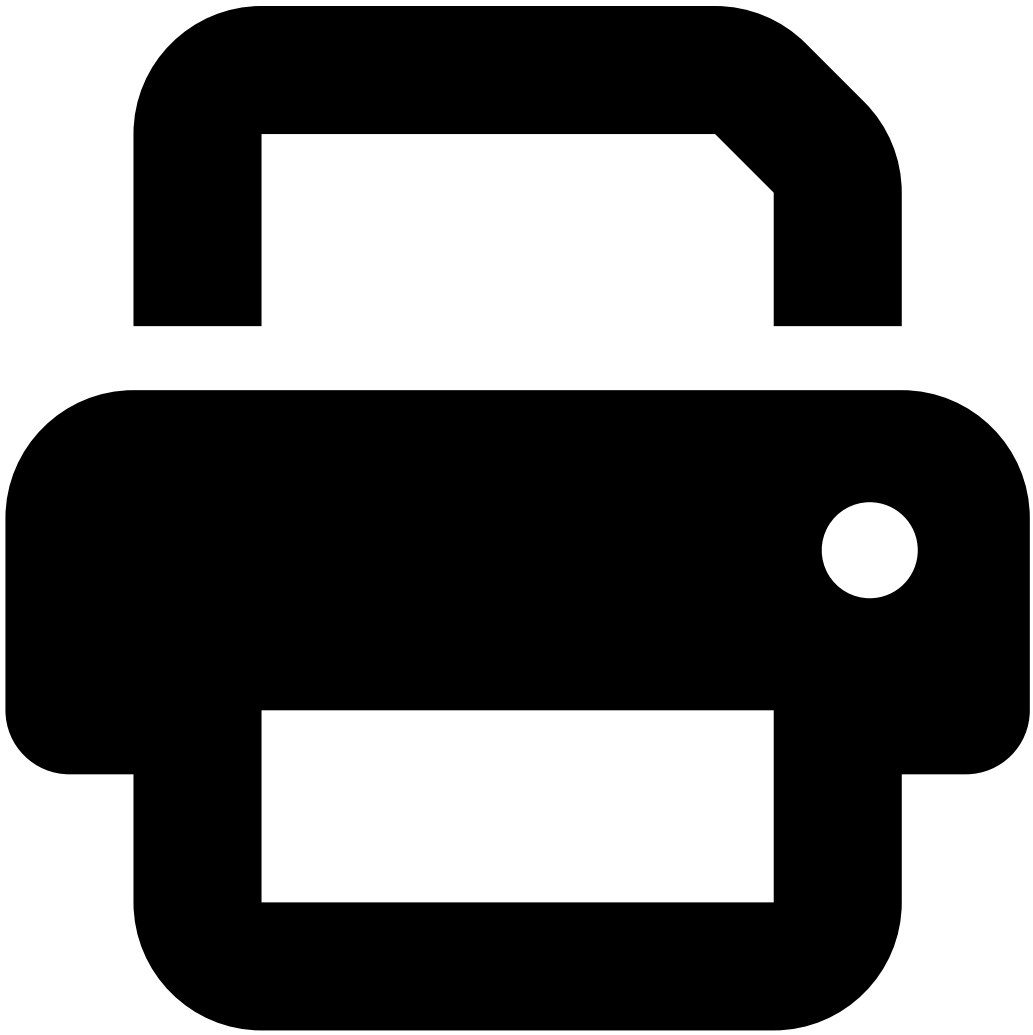

When you’re craving something cozy yet light, this baked spaghetti squash hits the spot. The squash is roasted until tender, then topped with a rich tomato sauce, shredded mozzarella, and grated parmesan before being baked again until bubbly and golden. It’s a beautiful Italian-inspired dish that’s simple enough for a weeknight but feels special enough for Sunday dinner.

Things to know about this Baked Spaghetti Squash with Tomato Sauce and Cheese

- **Avoid watery squash:** After roasting, let the squash sit cut side up for a few minutes to release steam before adding sauce. This helps prevent extra moisture.
- **Shortcut tip:** You can microwave the squash for 10–12

minutes if you’re short on time — it won’t be as caramelized, but it still works beautifully.

- **Make-ahead friendly:** Roast the squash and prepare the sauce a day ahead. When ready to serve, assemble, top with cheese, and rebake until hot and bubbly.

Variations

- **Add protein:** Mix in cooked Italian sausage, ground turkey, or chicken for a heartier version.
- **Creamy twist:** Add a few spoonfuls of ricotta cheese before re baking for a creamy, lasagna-style flavor.
- **Pesto lovers:** Drizzle with homemade basil pesto before serving for an herby burst of freshness.
- **Spicy kick:** Add a pinch of red pepper flakes to the sauce for a little heat.
- Craving more Italian-inspired comfort food?
  Check out my **Gnocchi Lasagna Soup** or **Creamy Mushroom Chicken** next!

Baked Spaghetti Squash with Tomato Sauce and Cheese



This Baked Spaghetti Squash with Tomato Sauce and Cheese is a simple, wholesome meal that's packed with Italian-inspired flavor. Tender roasted spaghetti squash is tossed with rich tomato sauce, topped with melty mozzarella and Parmesan cheese, then baked until bubbly and golden. It's an easy, comforting dinner that's naturally gluten-free and perfect for busy weeknights.

- 1 medium **spaghetti squash** (about 2 ½–3 pounds)
- 2 Tbsp. olive oil divided
- **Salt and freshly ground black pepper**, to taste
- 2 cups tomato **sauce**
- 2 cloves **garlic**, minced
- 1 tsp. **dried oregano**
- ¼ cup **fresh basil**, chopped (plus extra for garnish)
- 1½ cups **shredded mozzarella cheese**
- ½ cup **grated parmesan cheese**

1. **Preheat the oven:**

   Preheat your oven to **400°F (200°C)**. Line a baking sheet with parchment paper.

2. **Prepare the squash:**

   Carefully cut the spaghetti squash in half crosswise and scoop out the seeds. Drizzle the inside with **1 tablespoon olive oil**, then season with **salt and pepper**. Place cut side down on the prepared baking sheet.

3. **Roast:**

   Bake for **35–40 minutes**, or until the flesh is tender and easily pulls into strands with a fork. Remove from the oven and let cool slightly.

4. **Make the sauce:**

   While the squash roasts, heat **1 tablespoon olive oil** in a medium size pan over medium heat. Add **garlic** and cook until fragrant, about **1 minute**. Stir in **tomato sauce**, **oregano**, and **basil**. Simmer for **10–15 minutes**, then season with salt and pepper to taste.

5. **Combine:**

   Once the squash is cool enough to handle, use a fork to shred the flesh into spaghetti-like strands. Leave the strands in the shell halves or transfer them to a baking dish. Spoon the **tomato sauce** evenly over the squash and toss gently to combine.

6. **Add cheese and rebake:**

   Top each half (or the baking dish) with **shredded mozzarella** and **grated parmesan**. Return to the oven and bake for **10–15 minutes**, until the cheese is melted and golden.

7. **Serve:**

   Garnish with fresh basil and an extra drizzle of olive oil. Serve hot, right from the shell for a rustic presentation or plated for a cozy Italian-inspired meal

Side Dish
Italian
baked spaghetti squash recipe