

Spaghetti Squash Pie - from Karen H.



- 1 3-lb. spaghetti squash
- 1 oz. grated Parmesan cheese
- 1 egg
- 3/4 c. ricotta cheese
- 1 lb. ground turkey
- 1/2 lb. chopped onions
- 1/2 chopped green pepper
- 1 tsp. basil
- 1 tsp. oregano
- 1 1/2 c. tomatoes, crushed
- 2 oz. Mozzarella cheese, grated

Cook squash in boiling water 30 minutes; allow to cool -- or microwave on high 20-30 minutes, after piercing skin several times with fork or knife.

Brown ground turkey in a non-stick skillet with onions, peppers, and spices. Drain well. Add tomatoes and heat through.

When squash is cool, cut in half, remove seeds with spoon. Shred out the squash from its shell with a fork, separating the strands like spaghetti. Drain and blot well with paper towels.

Stir egg and Parmesan cheese into the squash, and pour into a 10-inch round, greased pie pan or quiche dish. Shape into a crust. Bake 20 minutes at 350 degrees, uncovered.

Remove from oven; pat off any extra moisture. Spread ricotta cheese over baked crust. Evenly spread turkey-tomato mixture over ricotta cheese. Bake another 20 minutes at 350 degrees.

Sprinkle with Mozzarella cheese; return to oven for 5 minutes.