**Dinner Tonight!**

**Surprise Spaghetti**

1 raw spaghetti squash  
1 small onion, chopped  
1 teaspoon garlic, minced  
1 pound lean ground meat, cooked  
1 cup sliced mushrooms  
1 – 14 ounce can fire roasted tomatoes  
1 – 8 ounce can tomato sauce  
1 teaspoon Italian seasoning  
¼ cup grated parmesan cheese

The squash can be prepared in two ways, in the slow cooker or in the oven. For the slow cooker, put two cups of water in the slow cooker, prick the skin of the squash all over with a fork, then put in the squash in the slow cooker. Cook the squash on low heat for 8 to 9 hours. To cook the squash in the oven, preheat oven to 350° F. Halve squash lengthwise and scoop out seeds. Place squash, cut sides down, in a large baking dish and prick skin all over with a fork. Bake until tender, 30 to 40 minutes. Cut the squash in half lengthwise and scoop out the seeds. Carefully rake the stringy squash pulp from the skin with a fork.

To make the sauce, heat oil in a medium skillet over medium-high heat. Add onion, mushrooms, and garlic; sauté until tender, about 5 minutes. Stir in cooked hamburger meat. Stir in tomatoes and sauce and Italian seasoning; bring to a boil. Reduce heat and simmer, uncovered, stirring often, 5 minutes or until desired consistency. Stir in the spaghetti squash, then top with grated parmesan cheese.

Serves: 6  
Cost per Serving: $2.50

Nutrition facts per serving  
Calories: 241  
Fat: 9.9 g  
Sodium: 175 g  
Fiber: 2 g  
Protein: 28.5 g  
Carbohydrates: 7.8 g