

Spaghetti

1 lb. ground round or sirloin

1 medium spaghetti squash

1 medium-sized jar spaghetti sauce

1 small can of sliced mushrooms (if desired)

Cut squash in half lengthwise and remove the seeds and stringy middle. Place face down in a pan with about $\frac{1}{4}$ in of water in the bottom. Bake at 375° for about 30 minutes (until soft when pressing on the outside). Meanwhile, brown the ground meat and drain. Combine sauce, meat and mushrooms in a pan and simmer on medium low. Using a fork, scrape out the flesh from the cooked squash (it will come out in strings like spaghetti). Top with meat sauce.