

Lamb and Red Pepper Casserole

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An easy and hearty casserole perfect for any night of the week! Tender and versatile spaghetti squash is layered with a zesty lamb mixture and topped with cheese for a bubbly and flavorful casserole that is loaded with seasonal vegetables and aromatic spices.

Ingredients:

1 (2 lb) spaghetti squashed, halved and seeded
1 Tbsp olive oil
1 lb ground lamb
1 Tbsp olive oil
½ small onion, chopped
2 red bell peppers, seeded and diced
5 cloves garlic, chopped
1 Tbsp dried basil
1 Tbsp fresh rosemary
1 tsp dried oregano
salt and pepper to taste
12 oz. ricotta salata cheese, crumbled
1 (15 oz) can tomato sauce

Directions:

1. Preheat oven to 375 degrees F. Line a baking sheet with aluminum foil. Poke holes in skin of spaghetti squash and place onto the baking sheet cut-side down.
2. Bake squash in preheated oven until soft, about 1 hour. Turn squash cut side up and allow to cool enough to handle, about 30 minutes.
3. Heat 1 Tbsp of olive oil in a skillet over medium high heat. Stir in ground lamb, and cook until browned about 7 minutes. Once browned, remove lamb from heat and set aside. Add remaining olive oil and heat; stir in onions and peppers and cook until onion has softened, about 5 minutes.
4. Stir in garlic, basil, rosemary and oregano and season with salt and pepper. Cook 3-5 minutes more and set aside.
5. Scrape flesh of spaghetti squash into large bowl using fork. Place ½ of the squash in a 9x13 baking dish and top with half of the lamb, half of the tomato sauce, half of the cheese, and half of the vegetables. Repeat until all ingredients are used up.
6. Bake casserole in the preheated oven until hot and bubbly, about 30 minutes.

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