**SPAGHETTI SQUASH BAKE**

1 Small Spaghetti Squash ½ C Water

1 lb Ground Beef ½ C Chopped Onion

½ C Chopped Red Bell Pepper ¼ C Chopped Green Bell Pepper

1 Clove Garlic, minced ½ t leaf oregano

1 Can (14.5 oz) diced tomatoes with liquid 1/8 t pepper

¼ t salt

1 ½ C shredded Cheddar Cheese

Cut spaghetti squash in half lengthwise and scoop out seeds. Place spaghetti squash , cut side down, in a baking dish; add water to the baking dish. Cover and bake spaghetti squash in a 375 degree oven for about 30 minutes, or until the spaghetti squash is tender and easily pierced with a fork. When cool enough to handle, scoop out squash, separating strands with s fork. In a large skillet, cook the beef, onion, red and green pepper and garlic until meat is browned and vegetables are tender. Drain off fat; add tomatoes, oregano, salt, pepper, and squash. Continue to cook and stir for about 2 minutes, or until liquid is absorbed. Transfer mixture to an ungreased 1 ½ quart casserole; stir in 1 ½ Cups of shredded Cheddar Cheese. Bake uncovered at 350 degrees for 25 minutes. Sprinkle spaghetti squash with the remaining 1 Cup of Cheddar Cheese and cook for 5 minutes longer, or until cheese is melted.

Spaghetti squash recipe serves 4 to 6.