

# ONE BITE

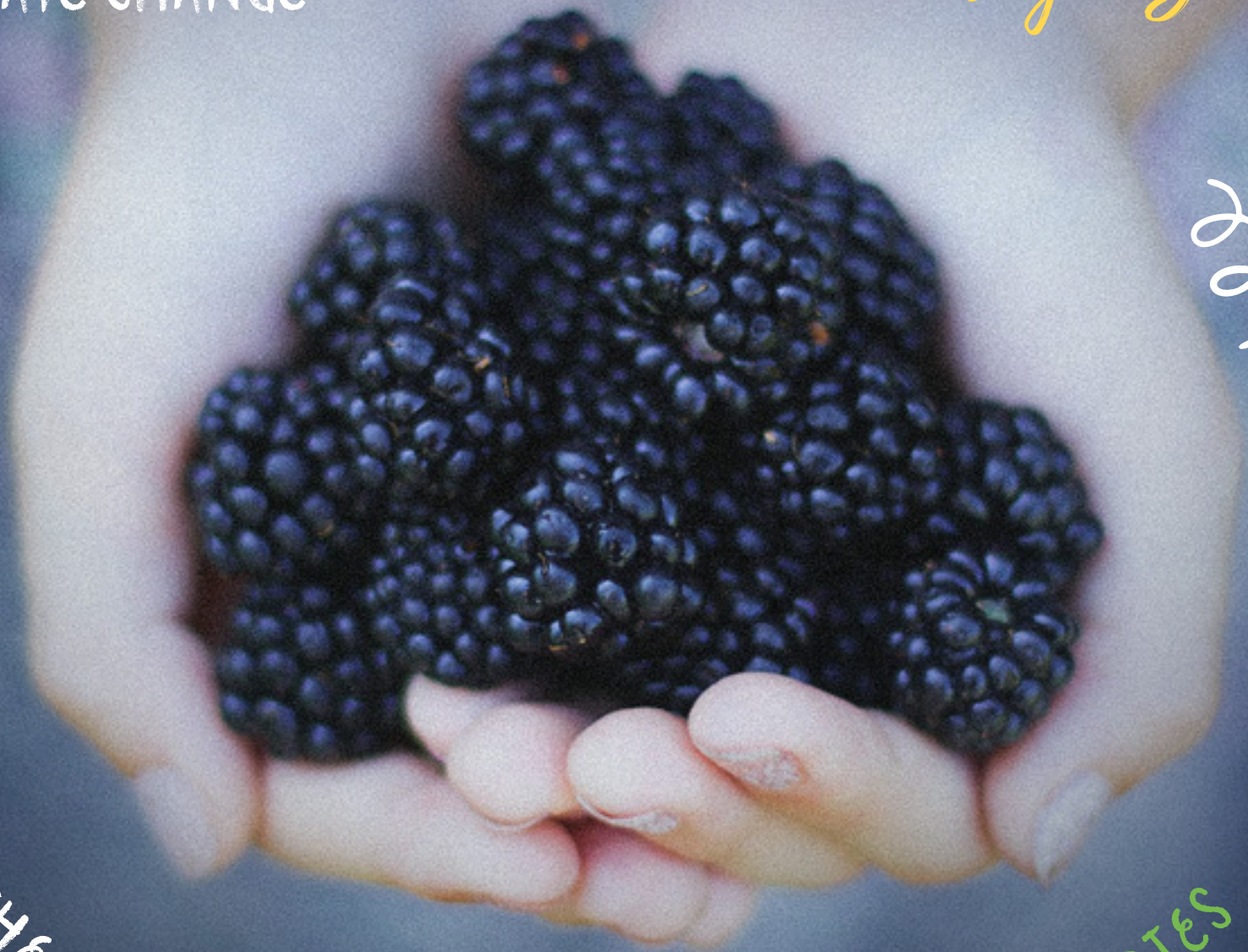
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*Vegan Magazine*

summit 2019 issue

EATING AWAY  
at CLIMATE CHANGE

CLASSIC DISHES  
*Veganized!*



THE TOP 10 MOST INSPIRING VEGAN DOCUMENTARIES

>> 30 MINUTE  
Vegan Meals <<

TWO SECRETS  
for EATING VEGAN  
ANYWHERE

MAMA MIA  
VEGAN PREGNANCY



## FAST FOOD!

## 30 Minute Vegan Meals

Tasty and healthy food needn't take forever to prepare. We've teamed up with our amazing vegan food blogger contributors to put together this selection of recipes that can be on your table from start to finish in under half an hour.

This makes them perfect candidates for preparing fresh in the evening mid-week, or as part of a meal-prep menu. So if you're short on time and want dinner in a hurry, we've got you covered!

## 6-INGREDIENT SPAGHETTI SQUASH PIZZA CASSEROLE

By Jenna Urben

6-Ingredient Spaghetti Squash Pizza Casserole is dairy-free, egg-free, gluten-free and vegan. This dinner casserole is low-carb, hearty, and healthy!

**PREP TIME:**  
10 minutes

**COOK TIME:**  
25 minutes

**TOTAL TIME:**  
35 minutes

## INGREDIENTS

- 1 medium spaghetti squash cooked and shredded
- 1 small onion chopped
- ½ cup sliced mushrooms
- ¼ cup sliced black olives
- 1 cup marinara sauce
- 1 cup vegan shredded cheese
- Salt and pepper to taste

## INSTRUCTIONS

1. Preheat oven to 375F. In a medium-large sauté pan, cook onion and mushroom until soft and translucent.
2. Turn off the heat and mix in black olives, spaghetti squash, salt, and pepper. Stir in marinara until well combined.
3. Transfer mixture to a prepared casserole dish, top with vegan shredded cheese and any additional toppings.
4. Bake for 25 minutes or until heated through and cheese has melted.
5. Remove from oven and let cool slightly. Serve and enjoy!

Jenna Urben



Jenna Urben is the recipe developer behind [theurbanlife.com](http://theurbanlife.com). She first started her blog to share her recipes that were allergy friendly, having egg and dairy allergies herself. All of the recipes that you'll find on her website are egg and dairy-free, a lot of the recipes being vegan or easily substituted.

Website: [theurbanlife.com](http://theurbanlife.com)

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