

Spaghetti Squash Parm with Italian Sausage



SIZE

For 4

PREPARATION

1 hour

DIFFICULTY



Level 1



Level 1



Ingredients

2 spaghetti squash , halved vertically

2 Tbsp olive oil, divided

salt and pepper

1 lb sweet or spicy ground Italian sausage

1 jar not just pasta sauce, blended

8 oz shredded mozzarella cheese

¾ cup torn basil

Process

1

Preheat the oven to 400. Drizzle 1 tablespoon oil over the cut-side of the squash, brushing with a pastry brush to evenly disperse (if you don't have a brush just rub the oil in with your hands). Season with salt and pepper. Place cut-side down on 1 or 2 parchment or foil lined sheet trays (depending on how large your squash are) and roast for about 35 minutes until the middle is very tender, and can be pierced easily with a fork. Set aside to cool for at least 5 minutes until cool to touch.

2

Meanwhile, Heat the remaining tablespoon oil in a 12-inch skillet over medium-high until shimmering. Add the sausage, reduce to medium and cook until browned and cooked through, about 5 minutes. Add the not just pasta sauce and cook until slightly thickened and clinging to meat, about 3 minutes. Set aside

3

Using a fork, scrape the spaghetti-like strands from each squash half and place on a paper towel. Wrap the towel around the spaghetti and line with another paper towel. Squeeze to drain excess moisture out of the spaghetti into the sink. More water will leach than you think! Add drained squash to the pan with the sausage and sauce and stir to combine. Place an even portion of the sausage spaghetti mixture into each squash, top with shredded cheese and torn basil. Place in the oven and cook for another 25 minutes until warmed through and bubbly!