

# BEYOND HUNGER

## ITALIAN SPAGHETTI SQUASH

*Never heard of spaghetti squash? This healthy vegetable is member of the squash family. It is full of fiber, vitamins, minerals, and antioxidants that will help support a healthy immune system. This recipe is a lower carb way for Italian food lovers to eat to enjoy these classic flavors! The spaghetti squash is stuffed with Italian sausage, cheese, and marinara sauce; it is fun and easy to make! Once you try it, you'll love it!*

*Don't know how to cut and shred a spaghetti squash? Scan the QR code below!*

**Serving size:** 1 cup

**Yields:** 4 main dish servings

### Ingredients

- 2 large **spaghetti squash**, halved & seeds removed
- 2 tbsp. **extra-virgin olive oil**
- Kosher **salt**, to taste
- Freshly ground **black pepper**, to taste
- 1/2 lb. **Italian sausage**, casings removed
- ½ cup of **marinara sauce**
- 1 cup of shredded **mozzarella**

### Instructions

1. Preheat oven to 400°. On a large baking sheet, rub insides of spaghetti squash with olive oil and season generously with salt and pepper. Place cut-side down on baking sheet.
2. Bake until tender, 40 minutes to 1 hour. (You will know the squash is ready when you drag a fork over it and the spaghetti strands easily release from the skin.) Remove from oven and heat broiler. Once cool enough to handle, remove the any stringy membranes or seeds that remain and shred spaghetti squash inside the shell with a fork.
3. Meanwhile, in a large skillet over medium-high heat, cook sausage until browned.
4. Divide marinara sauce and sausage equally between the squash halves, and top each with cheese
5. Broil until cheese is browned and squash warmed through, 4 to 5 minutes. Serve hot.

**Per Serving:** Calories 197, Carbohydrates 11 g, Protein 12 g, Saturated Fat 3 g, Sodium 475 mg, Fiber 3 g, Sugars 5 g

SCAN ME



This recipe is featured in the October 2021 issue of Beyond the Kitchen and was adapted from Delish.