

# Italian Sausage & Spaghetti Squash Casserole

Prep: 30 minutes Cook: 1 hour 10 minutes 🧑 Serves 12

*The cooking process is simple but the presentation and flavors are pretty extraordinary.*

## INGREDIENTS

- 1 medium spaghetti squash, about 3 to 3 1/2 lbs whole (approx 5 cups cooked)
- 1 1/2 pounds ground Italian sausage
- 1/2 cup onion, finely diced
- 1/2 cup orange or red bell pepper, finely diced
- 3 cloves garlic, minced
- 24 oz jar sugar-free pasta sauce (or use your favorite homemade sauce)
- 1 egg
- 1/2 cup grated Parmesan cheese
- 4 cups shredded mozzarella cheese, divided
- 1/2 teaspoon onion powder
- 1/2 teaspoon garlic powder
- 1/2 teaspoon black pepper
- 1/2 teaspoon salt

## DIRECTIONS

- 1 This casserole will require a 9x13 inch casserole dish (you may prep it with non-stick cooking spray if desired).
- 2 Preheat oven to 400-degrees. Line a baking sheet with parchment paper or tin foil. Halve the squash (lengthwise or widthwise) and scoop out the seeds. Sprinkle the halves with a bit of salt. Place squash, cut sides down, on baking sheet.
- 3 Bake squash in preheated oven about 35-40 minutes or until it's easily pierced with a knife. Remove from oven and cool until easily handled. Use a fork to scrape out the "spaghetti" into a mixing bowl. To the squash, add egg (beaten), Parmesan cheese, onion powder, garlic powder, black pepper, and salt. Mix well. Set aside. Reduce oven temperature to 375-degrees in preparation for the casserole.
- 4 In a large to medium pot, over medium-high heat, brown the Italian sausage until just done. Do not drain. Add the onion, bell pepper and garlic. Cook for another 3-5 minutes until the onions become translucent. Remove from heat. Add the 28 oz jar of pasta sauce. Mix thoroughly. Set aside.
- 5 Grab your casserole dish and begin layering. First, add about 2/3 cup of meat sauce to the bottom of the dish, spread evenly. Next, layer half the spaghetti squash mixture on top of the meat sauce using a fork to evenly press it into a uniform thickness. (Almost as if it's acting as a lasagna noodle.) Top the squash layer with half of the remaining meat sauce, spread evenly. Now sprinkle 2 cups of the shredded mozzarella cheese over the meat sauce.

- 6 Spread the remaining squash mixture using the same technique as above, followed by the rest of the meat sauce. Sprinkle the last 2 cups of mozzarella cheese evenly over the meat layer.
- 7 Bake in preheated, 375-degree oven until cheese is bubbly and golden brown, about 25-30 minutes.
- 8 Let cool for at least 10 minutes. This allows the casserole to set up so that each serving comes out clean and beautiful. Enjoy!

## NUTRITIONAL INFORMATION

Yield: 12 servings, Serving Size: 1 cup

*Amount Per Serving:* Calories: 329, Total Carbohydrates: 12g, Fiber: 2g, Net Carbohydrates: 10g, Total Fat: 23g, Protein: 20g

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