



Twice-Baked Spaghetti Squash

This Recipe Serves 8

Ingredients

Cooking spray

2 small (1.5-lb) spaghetti squash

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4 (3-oz) links precooked Italian chicken sausage, diced

4 cups low-sodium jarred marinara sauce

½ tsp ground black pepper

1 Tbsp chopped fresh oregano

½ cup shredded Parmesan cheese, divided

1. Preheat the oven to 375 degrees F. Coat a sheet pan with cooking spray. Cut the squash in half lengthwise and place face down on the sheet pan. Bake for 45 minutes.
2. Remove the seeds from the squash and scrape the flesh away from the skin with a fork to make strands, keeping the squash shell intact. Place each squash shell cut side up on the sheet pan.
3. Add the squash strands to a large bowl. Add the sausage, marinara sauce, black pepper, and oregano and toss until combined. Divide the mixture evenly among the squash shells.
4. Top each squash half with 2 Tbsp shredded Parmesan cheese. Bake for 25 minutes, until golden brown. Cut each squash shell in half to serve.

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