

# Spaghetti Squash Sausage Lasagna Boats



<b>Nutrition Facts:</b>	
Yield	6 servings
Calories	246
Fat	10 g
Sodium	600 mg

<b>Code</b>
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<b>Ingredients Needed:</b>	<b>For the sauce:</b>
3 small spaghetti squash	1 tsp olive oil
1/3 cup part skim ricotta cheese	1/2 onion, finely chopped
2 tbsp grated parmesan cheese	3 cloves garlic, minced
1 tbsp chopped basil	14 oz Italian chicken sausage
3/4 cup whole milk shredded mozzarella cheese	14 oz crushed tomatoes

## **Recipe Directions:**

- Preheat oven to 400°F. Cut spaghetti squash in half lengthwise and scoop out seeds and membrane. Bake about 1 hour on a baking sheet, cut side down.
- In a small bowl combine the ricotta cheese, 2 tbsp parmesan cheese and parsley.
- In a large deep sauté pan, heat oil and add onions and garlic; sauté on medium-low for about 3 to 4 minutes, until soft. Add the sausage and cook, breaking up into smaller pieces until browned and cooked through. When cooked, add the crushed tomatoes. Add the bay leaf and cover, reducing heat to low. Simmer 20 to 30 minutes and add in fresh basil at the very end.
- When spaghetti squash is cooked, let it cool for about 10 minutes keeping the oven on.
- When the spaghetti squash is cool enough to handle, use a fork to remove flesh, which will come out in spaghetti looking strands reserving the shells. Drain the squash on a paper towel to soak up any excess liquid, then toss with half of the sauce. Place the spaghetti squash back into the 6 shells and place on a baking sheet.
- Top each with remaining sauce, 1 tbsp ricotta cheese mixture, and 2 tbsp mozzarella cheese.
- Bake in the oven for 20 - 30 minutes or until everything is hot and the cheese is melted.

