Dinner

Chicken Sausage Spaghetti Squash Bake

Roasted spaghetti squash strands are folded into a creamy sauce of Italian style chicken sausage, mushrooms and fresh basil, then baked until bubbling under a golden cheese topping. It cuts neatly into nine squares for serving.



Nut free

135 min	180	24 g	9 g
time	calories	carbs	sugars

Ingredients, 9 servings

- [ ] 1 spray, 0.25 g nonstick cooking spray
- [ ] 5 lbs spaghetti squash
- [ ] 1 tbsp olive oil
- [ ] 2 whole Italian style chicken sausage (about 3 ounces each, diced)
- [ ] 1 clove garlic (minced)
- [ ] 8 oz white (button) mushrooms (sliced)
- [ ] 2 tbsp flour
- [ ] 2 cup skim milk
- [ ] 1/2 cup mozzarella cheese (reduced fat, shredded, divided)
- [ ] 1 tsp salt (optional)
- [ ] 1/4 tsp black pepper
- [ ] 1/4 cup fresh basil (chopped)
- [ ] 1/4 cup Parmesan cheese (grated)

Method

- [ ] **1** Heat the oven to 375°F and coat one baking pan with nonstick cooking spray.
- [ ] **2** Pour 1 inch of water into the pan, halve the spaghetti squash lengthwise, and lay the halves cut side down to roast for 1 hour.
- [ ] **3** Scrape the flesh away from the skin, discarding the skin and seeds, and pile the strands into a large bowl.
- [ ] **4** Coat a 9x9 baking pan with nonstick cooking spray and set it aside.
- [ ] **5** While the squash roasts, warm the olive oil in a medium saucepan over medium high heat and cook the diced Italian style chicken sausage until it starts to brown.
- [ ] **6** Stir in the minced garlic and sliced white button mushrooms, cooking until the mushrooms soften and the liquid in the pan has evaporated.
- [ ] **7** Dust the flour over the pan and stir constantly for 2-3 minutes.
- [ ] **8** Pour in the skim milk, whisking hard to lift the browned bits from the bottom, and bring everything to a boil.
- [ ] **9** Lower the heat and simmer for 3-4 minutes, then stir in 1/4 cup of the mozzarella cheese until melted, followed by the salt, black pepper and chopped fresh basil.
- [ ] **10** Tip the sauce over the squash strands and toss until evenly coated.
- [ ] **11** Transfer the mixture to the prepared pan, scatter the remaining mozzarella cheese and the Parmesan cheese over the top, and bake for 45 minutes, until the cheese is golden and the edges are browned and bubbly.
- [ ] **12** Cut into 9 even squares.

Nutrition Facts

Per serving

Calories	180
Total fat	7 g
Saturated fat	2 g
Sodium	240 mg
Total carbs	24 g
Fiber	3 g
Total sugars	9 g
Protein	11 g

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