

Italian Sausage Spaghetti Squash Casserole

3-4 pound spaghetti squash

Olive oil

Salt and pepper, to taste

1 pound hot Italian sausage (mild if preferred)

1/2 onion, chopped

2 cloves minced garlic

1 14.5-ounce can crushed tomatoes

1/2 cup ricotta cheese

1/4 cup freshly-grated Parmesan cheese

1 tablespoon dried parsley (or fresh if you have it)

1/2 cup shredded mozzarella cheese

Preheat oven to 400 degrees. Carefully cut spaghetti squash in half and remove seeds. Brush with olive oil, then salt and pepper it to taste. Place cut-side down on a baking sheet, and bake for one hour. Let cool until you can handle them, then remove the "spaghetti strands" to a bowl, using a fork. Set aside and reduce oven heat to 350 degrees.

About halfway through the squash cooking time, cook the Italian sausage in a large skillet along with the onions and garlic until the sausage is cooked through. Add the can of crushed tomatoes and stir to combine, then reduce heat to simmer for about 20 minutes.

Meanwhile mix together the ricotta, Parmesan and parsley in another bowl.

Once all the players are in place, stir the spaghetti squash into tomato sauce, then pour into a 2-quart oil-sprayed casserole dish. Spread the cheese mixture over top, then the mozzarella. Bake in 350-degree oven for about 20-30 minutes until bubbly and cheese is melted. Let rest for 5 minutes before serving.