

Recipes from a Bright Kitchen

Spaghetti Squash Casserole



Bright Line Equivalent

Makes 4 Servings of:

10 oz veggies

4 oz Protein

1 Serving of Fat

Prep/Cooking Time

Prep = approx. 30 minutes

Cook = 60 minutes

Cooling = 10 minutes

TOOLS

9 x 13 backing dish

Large mixing bowl

Large knife

Fork

It's sooooo good and satisfying you'll never believe you're eating so many veg!

INGREDIENTS

18-20 oz	Spaghetti Squash (1 large)	NOTE: This recipe requires 42 ounces of vegetables. The amounts in the ingredients list are the estimated amounts. If your squash is smaller, add more other veg. Do not exceed the amount of the sauce or the casserole won't set right. Also note that the onion and bell pepper weights are after cooking.
10 oz	Hot Italian Sausage*	
4-5 oz	Yellow Onion Diced & cooked	
4-5 oz	Green Bell Pepper chopped & cooked	
14 oz jar	Pizza Sauce*	
3	Eggs, beaten	
4 oz	Shredded Italian cheese	
2 TBSP	Italian Seasoning	

**Be sure there is no sugar or sweetener in the first three ingredients*

PREPARATION

Heat oven to 400 degrees F. Lightly grease a 9 x 13 baking dish. Set aside.

TO PREPARE THE SPAGHETTI SQUASH: Using a fork, poke a few holes in the squash and microwave on high for 5 minutes. Let cool a bit and then use a large knife to cut it in half lengthwise. Remove seeds. Then remove the squash strings with a large fork and place in a large mixing bowl to continue to cool.

In a medium fry pan, cook the Italian sausage breaking it apart as much as possible. Drain fat. **DO NOT COOK ONIONS AND PEPPERS WITH THE MEAT** as they will need to be weighed after cooking. Remove meat from pan.

In the same pan as the meat, cook onion and green bell pepper until the onion is translucent.

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In a small bowl, mix the Eggs. Add Italian Seasoning, salt, pepper and Pizza Sauce and mix together. Add to spaghetti squash and mix. Add cooked meat and mix. Add cheese and mix until all ingredients are evenly distributed.

Place the Spag Squash mixture into the baking pan and pat down evenly throughout the pan. Place in oven and cook for 1 hour.

Remove from oven and let cool for 5 minutes. Cut into 4 equal pieces.

Serve!

Enjoy!