

Spaghetti Squash Bake

HolisticQ signature recipe

These Spaghetti bowls are easy to make and very tasty! We even have added them to our 'Boondocking It' recipe list! Try your favorite sausage. This recipe uses spicy Linguisa, a Portuguese sausage. Try to find small spaghetti squash for this recipe as each half equals one serving. This recipe is for 4 servings.

Ingredients: All organic

2 small spaghetti squash
1 jar classic marinara (0g added sugar)
4 Linguisa links
mozzarella cheese for top (we prefer sliced over shredded)

Cut the spaghetti squash in half lengthwise, and remove the seeds. Pre-bake cut side down for 30 minutes at 350°. Remove from oven, and place sausage (either crumbled or whole) in the halves. Totally fill the squash halves with the marinara sauce, top with the mozzarella cheese. Return the stuffed halves to the oven and bake for another 20 minutes or so. Remove them from the oven, and cool for 10 minutes before eating them straight out of the 'bowl'.

Personalize this recipe with your favorite toppings!