

SPAGHETTI SQUASH & ITALIAN SAUSAGE BAKE

INGREDIENTS

- 1 medium Spaghetti Squash
- 2 Tbsp Extra Virgin Olive Oil
(we use *Prairie Oils & Vinegars Garlic Infused Olive Oil*)
- Several turns of fresh ground Black Pepper
- A pinch of Kosher Salt

- 1 lb **Unger Meats Italian Sausage**
- 1 Tbsp Extra Virgin Olive Oil
- 1 Onion, diced
- 1 clove Garlic, minced
- 1 can Diced Stewed Tomatoes, undrained
- 1 can Black Beans, drained & rinsed
- 1 cup fresh or frozen Corn
- ¼ cup Parmesan Cheese
- 1 cup dry Bread Crumbs (like Panko)
- 4 Tbsp Butter



SQUASH PREP

1. Preheat oven to 375 F.
2. Cut squash in half lengthwise, discard seeds.
3. Rub inside of squash with Garlic Olive Oil, fresh ground black pepper and kosher salt.
4. Place squash cut side down in shallow baking dish.
5. Bake for approximately 40-45 mins (depending not on the size of the squash). Remove from oven and let rest until cool enough to handle.
6. Use a fork to separate strands of squash and put into a sprayed casserole dish.

FILLING PREP

1. Heat olive oil in large skillet. Brown the Italian Sausage until nearly cooked through.
2. Add onion and garlic. Continue cooking until onion is soft
3. Add diced tomatoes, black beans and corn and combine all and cook until bubbling.
4. Place the Italian sausage mixture to the squash mixture in the casserole dish.
5. Mix all together until well combined.
6. In a separate bowl, melt butter and combine with parmesan cheese and bread crumbs. Cover top of casserole with bread crumb mixture.
7. Bake, uncovered, in 375 F oven for 20-25 mins or until bubbly and the topping is golden brown.

DID YOU MAKE THIS RECIPE?



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