



## Spaghetti Squash Lasagna with Broccolini

### Ingredients

2-2½- to 3-pound spaghetti squash, halved lengthwise and seeded  
1 lb Italian sausage  
1 tablespoon extra-virgin olive oil  
4 cloves garlic, minced  
1 small onion diced  
¼ teaspoon crushed red pepper (optional)  
1 can peeled diced tomatoes  
1 can tomato sauce rinsed  
1 cup shredded part-skim mozzarella cheese, divided  
¼ cup shredded Parmesan cheese, divided  
¾ teaspoon Italian seasoning  
½ teaspoon salt  
¼ teaspoon ground pepper

### Preparation:

Place squash halves cut-side down on a rimmed baking sheet. Bake in a 400°F oven until the squash is tender, 40 to 50 minutes. Meanwhile, heat oil in a large skillet over medium heat. Add sausage cook until done and remove. Add Onion cook 3-5 minutes until soft add garlic and red pepper (if using); cook, stirring frequently, for 2 minutes. Add tomatoes. Add water and cook, stirring, 3 to 5 minutes more. Transfer to a large bowl. Use a fork to scrape the squash from the shells into the bowl. Place the shells in a broiler-safe baking pan or on a baking sheet. Stir ¾ cup mozzarella, 2 tablespoons Parmesan, Italian seasoning, salt and pepper into the squash mixture. Divide it between the shells; top with the remaining ¼ cup mozzarella and 2 tablespoons Parmesan. Bake on the lower rack for 10 minutes. Move to the upper rack, turn the broiler to high and broil, watching carefully, until the cheese starts to brown, about 2 minutes.

Easy cleanup: To save time and keep your baking sheet looking fresh, line it with a layer of foil before you bake.