

STUFFED SPAGHETTI SQUASH

Serves 2 generous portions

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| 1 Spaghetti Squash | ¼ lb. Oyster Mushrooms, trimmed ¹ |
| 2 T. Olive Oil | 1 jar Marinara Sauce |
| Salt & Pepper | Italian Herbs, to taste (such as basil and oregano) |
| 1 lb. ground It Sausage ² | Farm fresh goat cheese, fromage blanc |
| 3-4 cloves Garlic, minced | Mozzarella, shredded |
| ½ Onion, diced | |



Directions

Preheat oven to Preheat oven to 425°F

Cut squash in half. Rake out seeds using a serving spoon. Wipe both squash halves inside and out with olive oil, then rub on salt and pepper. Place cut sides down on a baking sheet and roast in oven 45-60 min.

Remove baking sheet from oven and set aside to allow it to cool down a bit.

Heat olive oil in a skillet. Sauté onion for 2-3 minutes until translucent. Add garlic and sauté for 30

seconds. Add the mushrooms, and cook until fully softened. When they are done, remove the mushrooms to a plate and set aside.

Add sausage to the pan and brown using the spatula to separate the meat. Drain any excess grease after browning, if needed.

Add the jar of sauce to the pan. Mix together allowing the sauce to heat up. After it is heated, add Italian seasonings to taste. Return the mushrooms to the pan. Stir to mix and turn off heat.

Turn the squash over so that the cut side is now facing up, and place it on a plate or cutting board. Use a fork and rake the center of the squash from end to end to remove the 'spaghetti'. You will need to scrape all the meat of the squash out onto a plate. Once you had removed it all, put it back into the squash hull and then do the same with the other half. Place both halves back onto the baking sheet.

Fill each squash half with sauce, and then top with the cheeses to your liking. Return the baking sheet to the oven for a few minutes until the cheese is melted. Remove to plate, top with a sprig of fresh basil (if you have it) and serve. Take a photo and send it to us on Facebook or email!

Notes:

¹ Most any mushroom will work for this recipe, so use what you have; however, those with a hearty meaty flavor will shine best. So try Venetian Oyster, Elm Oyster, Velvet Pioppino, Shiitake, or Maitake, etc.

² For a vegetarian option, omit the sausage and double the mushrooms.

Recipe by Angel Miller

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