

## **SPAGHETTI SQUASH WITH SAUSAGE AND GREENS**

*(Everyday with Rachael Ray March 2010)*

1 spaghetti squash (about 3 1/2 pounds), halved lengthwise  
1/3 cup grated parmesan cheese  
salt and pepper  
1 1/2 tsp. olive oil  
12 oz. sweet Italian sausage  
1 bunch spinach, stems discarded and leaves coarsely chopped (I used a 10 oz. bag of fresh spinach)  
1/2 tsp. crushed red pepper

The magazine has you cook the spaghetti squash in the microwave. Because I try to avoid microwave cooking I placed my halved squash in a baking pan, added about 1-inch of water and baked it at 350F for 45-60 minutes until tender.

Meanwhile, in a large skillet, heat the olive oil over medium-high heat. Add the sausage and cook until no longer pink, about 6 minutes. Add the spinach and crushed red pepper and cook until wilted, about 2 minutes; season with salt and pepper.

Using a fork, comb the cooked squash into strands into a bowl. Toss with the parmesan and season with black pepper. Serve the spinach and sausage over the squash.

Serves 4.

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