



# SPAGHETTI SQUASH WITH SAUSAGE AND PIZZA SAUCE

By Dr. Cindy Tanzar

(Standard, Maintenance & Vegan/Vegetarian Options)

This recipe is a fun option to help with those pizza cravings. There are plenty of options so that everyone can enjoy it. Read through the instructions before you begin, as the serving information is at the end of them. Protein information (if you choose to use it) is also included at the very end. Enjoy!



## INGREDIENTS

- 1 small spaghetti squash, halved and seeds removed
- 1 green pepper, thinly sliced
- 1 onion, thinly sliced
- 1-2 Tbsp avocado oil
- 1 jar Rao's Pizza Sauce (or brand without sugar)
- Pink Himalayan salt & black pepper, to taste
- Genesis Vegan Parmesan Cheese (for Standard or Vegan plan) or organic mozzarella cheese for maintenance, to sprinkle on top



Optional: 1 pkg. AlFresco Italian Chicken Sausage, sliced thin or casing removed for ground sausage **OR** Genesis Vegan Italian Sausage (see below for serving info) \*

## INSTRUCTIONS

Preheat the oven to 400°F. Line a baking sheet with parchment paper or foil. Place the squash cut side up and brush lightly with oil. Bake for 45-60 minutes or until knife inserts easily into the flesh.

If using AlFresco chicken sausage, heat a skillet to medium/high heat. Add 1 Tbsp of oil and sauté until browned on both sides. If using the Genesis Vegan Italian Sausage, follow the recipe.

In a separate large skillet, heat oil over medium heat. Add green pepper and onion and sauté for 5-7 minutes. Add Rao's Pizza Sauce and mix until heated through.

Using a fork, scrape the spaghetti squash into a large bowl. Place 2/3 cup of squash onto a plate and top with sausage (serving amounts below), and top with 1/3 cup of pizza sauce. Sprinkle with Vegan Parmesan or mozzarella (maintenance), if desired.

\* If you want to add AlFresco chicken sausage to your dish, pan fry separately until browned. Two sausages is a serving of protein for one meal.

If you want the Vegan Tempeh Sausage, make according to the Genesis recipe in a separate pan. One serving is 3 oz. of protein