

Spaghetti Squash Casserole – Foodie Recipe



[Quick Version of this Recipe](#)

You can make this a vegetarian dish by omitting the sausage and adding extra vegetables like bell peppers, onions and asparagus.

Prep Time: 20 minutes

Nutritional Facts				
Serving Size: 1/9 of casserole – about a 3x3 inch piece				
Calories	Carbohydrate	Protein	Fat	Saturated Fat
135	14 g	9 g	5.0 g	1.8 g
Sugar	Dietary Fiber	Cholesterol	Sodium	Potassium
7 g	2 g	20 mg	225 mg	380 mg

This Recipe Serves 9

Ingredients

- Cooking spray
- 1-5 pound spaghetti squash
- 1 tablespoon olive oil
- 2 links Italian Chicken Sausage (about 3 ounces each), diced
- 1 clove garlic, minced
- 8 ounces sliced mushrooms
- 2 tablespoons flour
- 2 cups skim milk
- ½ cup reduced fat shredded mozzarella cheese, divided
- 1 teaspoon salt (optional)
- ¼ teaspoon ground black pepper
- ¼ cup chopped fresh basil
- ¼ cup grated parmesan cheese

Instructions

1. Preheat oven to 375 degrees F. Coat a baking pan with cooking spray.
2. Fill baking pan with 1 inch of water. Cut squash in half lengthwise. Lay squash cut side down in the pan and roast for 1 hour.
3. Remove the roasted squash from the skin. Discard skin and any seeds and place into a large bowl. Set aside.
4. Coat another baking pan (9x9) with cooking spray. Set aside.
5. While squash is roasting, add olive oil to a medium sauce pan over medium high heat. Sauté chicken sausage until beginning to brown.
6. Add garlic and mushrooms and sauté until mushrooms are softened and all liquid is evaporated.
7. Sprinkle flour over the mushroom and sausage mixture and cook for 2-3 minutes, stirring constantly.
8. Add milk and whisk vigorously, scraping the bits off the bottom of the pan. Bring to a boil.
9. Reduce to a simmer and let simmer for 3-4 minutes. Add ¼ cup of mozzarella cheese and stir to melt. Stir in salt, pepper and basil.
10. Pour sauce over the cooked spaghetti squash and mix to incorporate.
11. Pour into prepared baking dish, top with remaining mozzarella cheese and parmesan

cheese. Bake for 45 minutes or until cheese is golden brown and casserole is bubbly and brown around the edges.

12. Cut into 9 even squares.

Photo credit: PNC Spaghetti Squash Casserole

Photo: Spaghetti Squash Casserole – Foodie Recipe. PNC Photography, Photographer: Peter Papoulakos.

FEATURED ARTICLE

Fall Foods List

Fall is a great time for produce! Right now there are several flavor-packed, versatile fruits and vegetables in season.

MEAL MAKEOVER

Comfort Food Made Lighter

The truth is, comfort food doesn't have to be packed with calories!