



Summer Garden Spaghetti

directions

1. Preheat oven to 375 degrees.
2. Cut spaghetti squash in half and scrape out seeds. Discard.
3. Place squash, cut side down, on a greased baking sheet. Bake for about 30-40 minutes or until squash pulls away in strands with a fork. Set aside, keeping warm.
4. In a large skillet heat 3 Tbsp olive oil over medium high heat. Add cut tomatoes and slivered onions to the skillet. Sprinkle in thyme leaves, garlic powder, salt, and black pepper. Stir together to coat tomatoes and onions with olive oil and seasonings. Turn heat to medium. Saute until tomatoes collapse and release their juices. About 15-20 minutes. Stir often.
5. Add in browned sausage crumbles and mix well. Set aside keeping warm.
6. To serve use a fork to pull spaghetti squash strands away from the shell of the squash. Divide "spaghetti" squash evenly among serving dishes and top with hot tomato-sausage sauce and a sprinkling of Parmesan cheese.

notes

Spaghetti Squash is readily found in most supermarkets across the U.S. They are low in carbohydrates, contrasting with pasta. When baked, they soften and the strands of the squash can be used like any spaghetti noodle. Baking the squash brings out a nutty flavor that works well with any pasta sauce. Just another way to eat healthier and serve your family delicious meals.



4

servings

15 min

prep time

40 min

cook time

ingredients

1 medium spaghetti squash

1/2 small onion cut into slivers

2 pints cherry tomatoes or grape tomatoes

1 pint small homegrown tomatoes such as Romas or Camparis

(you will need a total of 4 cups tomatoes halved if cherries/grapes and quartered if larger)

1 lb Swaggerty's bulk sausage, browned & well drained

1 Tbsp dried thyme leaves

1/8 tsp garlic powder

salt & freshly ground black pepper to taste

Parmesan cheese shredded for garnish

Pairs well with: Greens salad, spinach, crusty bread

Special Kitchen Tools: N/A