



Sausage & Summer Vegetable Spaghetti Squash Pasta

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.
4. While the squash bakes, heat a skillet to medium-high heat and cook Swaggerty's Farm sausage until fully cooked, browned, and crumbled. Remove sausage from pan and set aside.
5. In the same skillet, heat 3 Tbsp. olive oil over medium-high heat. Add 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. Reduce heat to medium. Saute until tomatoes soften and roast, making a thin sauce. About 15-20 minutes. Stirring often.
6. Add in sausage crumbles and mix well.
7. Using a fork, pull spaghetti squash strands away from the shell. Divide "spaghetti" squash evenly among serving dishes and top with hot tomato-sausage sauce.

4 servings	15 min prep time	40 min cook time
ingredients		
<i>1 medium spaghetti squash</i>		
<i>1 lb. Swaggerty's Farm Sausage</i>		
<i>1/2 small onion, sliced</i>		
<i>2 pints cherry tomatoes or grape tomatoes</i> <i>(you will need a total of 4 cups tomatoes halved if cherries/grapes and quartered if larger)</i>		
<i>1 Tbsp. dried thyme leaves</i>		
<i>1/4 tsp. garlic powder</i>		
<i>salt & pepper</i>		
<i>Parmesan cheese</i>		

To Serve

Serve your summer vegetable pasta warm and top with Parmesan cheese and red pepper flakes.

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