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Baked Spaghetti Squash Pizza Casserole

Prep Time: 20 minutes **Cook Time:** 60 minutes **Serves** 6

Satisfy your craving for pizza with this protein packed, low carb casserole.

INGREDIENTS:

2 small or 1 large spaghetti squash (about 4 pounds), cut in half lengthwise and seeded
1 pound lean Italian chicken sausage
24 oz jar pasta sauce (choose one with no added sugar)
8 oz fresh mozzarella, sliced
½ cup fresh basil, thinly sliced
Turkey pepperoni, about 20 pieces
Non-stick spray



DIRECTIONS:

1. Preheat oven to 375 degrees and line baking sheet with parchment paper.
2. Roast spaghetti squash cut side down for 45 minutes or until just tender when you press on the shell.
3. While squash is roasting, remove chicken sausage from casing and cook in a frying pan over medium heat until fully cooked. Break up sausage into pieces as it cooks.
4. Add pasta sauce to sausage and combine, remove from heat.
5. When squash has finished roasting, let cool slightly and scrape out “pasta strands” into a large bowl. Add most of the sauce mixture to the bowl and combine with squash.
6. Spray a 9x13 inch baking dish with non-stick spray and add squash mixture.
7. Spread remaining sauce on the squash and top with slices of mozzarella and pepperoni.
8. Bake for 15-20 minutes, until cheese is bubbling.
9. Serve immediately with fresh basil and freshly ground black pepper.

NUTRITION INFORMATION:

Serving Size: ½ casserole

Amount Per Serving: Calories 260, Protein 26g, Net carbohydrates 9g, Total Fat 12g, Fiber 2g, Sugar 5g