

# Spaghetti Squash – Chicken Sausage Veggie Sauté



**PREP TIME:**  
15 MINUTES

**COOK TIME:**  
35 MINUTES

**TOTAL TIME:**  
40 MINUTES

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Recipe type: Gluten Free / Dairy Free (**Vegan Optional**)

Yield: 4 Servings

## Spaghetti Squash Ingredients:

- 1 Medium Sized Spaghetti Squash
- 2 TBSP Extra Virgin Olive Oil
- ½ Teaspoon Himalayan Sea Salt
- ½ Teaspoon Garlic Powder
- Cracked Black Pepper to taste
- 4 Large Basil Leaves

## Spaghetti Squash Instructions:

1. Preheat oven to 400 degrees.
2. Carefully slice squash in half – (**recommendation:** slice some preliminary slits where you will be cutting it in half. Pop in microwave for 5-6 minutes – will help soften squash. Continue slicing – don't attempt cutting through stems, can just pull apart)
3. Scrape out seeds and thread-like pulp. Place both halves on a parchment paper lined baking sheet.
4. Drizzle each half with olive oil, salt, pepper, and garlic powder. Place 2 basil leaves in each cavity – flip over squash (pulp side facing down) on to baking sheet.
5. Place in oven and roast for 35 minutes.

## Veggie Sauté Ingredients:

- 2 TBSP Extra Virgin Olive Oil
- ¼ Cup Diced Red Onion
- 2 Garlic Cloves – Minced
- 2 Basil Leaves Sliced Thin
- 3 Celery Stalks – Chopped
- 1 Medium Green Pepper – Sliced Thin
- ½ Pound Baby Portabella Mushrooms – Sliced
- 1 Small Bunch Baby Bok Choy – Chopped

- 3-4 Large Leaves of Black Magic Kale (Lacinato Kale) – Center Stem removed & Chopped
- ¼ Cup Vegetable Broth
- 3-4 Basil Leaves – Sliced Thin
- ½ Teaspoon Himalayan Sea Salt
- ½ Teaspoon Garlic Powder

### **Veggie Sauté Instructions:**

1. In a large skillet add olive oil and warm up on medium for 2 minutes. Add onions and cook 3-5 minutes until start to soften.
2. Add garlic and cook 1 minute. Add celery and green pepper – cook for 5 minutes.
3. Next add in the mushrooms and let cook down.
4. If needed add ½ of the vegetable broth for additional liquid.
5. Season with salt, pepper, and garlic powder.
6. Add additional broth if needed.
7. Once mushrooms are almost done, add in bok choy, basil, and kale – cook until wilted and set aside.

### **Chicken Sausage Ingredients:**

- 1 lb. [Fresh Chicken Sausage](#) (for this dish, highly recommend fresh over pre-cooked)
- 1 TBSP Extra Virgin Olive Oil
- 3-4 TBSP Red Onion – Minced
- 1 Garlic Clove – Minced

### **Chicken Sausage Instructions:**

1. In small skillet, warm up olive oil on medium heat for 2 minutes.
2. Add Onion and cook for 3-5 minutes until onion becomes softened/translucent.
3. Add in garlic and cook for 1 minute.
4. Add the chicken sausage to pan and let cook on medium, stirring occasionally until no longer pink and cooked through.

### **Final Assembly Instructions:**

- Once the squash is done roasting, use oven mitts to flip over. With a fork, gently pull apart squash strands and add to serving dish.
- Next add sausage and then veggies.
- ENJOY!!!

### **For Vegan Optional: Omit Chicken Sausage**

**\*Try and use all organic ingredients if possible.**