

Spaghetti Squash and Sausage Boats

Paired with Matrix Bacigalupi Russian River Valley Chardonnay

Adapted from: [Stupid Easy Paleo](#) and [Paleo Grubs](#)

Makes 4 Servings

Ingredients

- 2 medium spaghetti squash
- 12 oz Italian chicken sausage links, cut in small cubes
(I use [Bilinski's Organic](#))
- 1 medium Vidalia or sweet onion, diced
- 2 - 4 cloves garlic, minced (I used 2 cloves)
- 6 – 8 oz baby spinach
- 1 ½ Tbsp extra virgin olive oil, plus more for drizzling
- Salt and pepper
- 2 Tbsp pine nuts, roasted (opt.)
- 2 Tbsp fresh parsley, chopped (opt.)



Directions

1. Preheat the oven to 400° F. Place squash in the microwave for 2 - 3-minutes to soften. Using a sharp knife cut the squash in half lengthwise. Scoop out the seeds and discard (or save for roasting later). Place the halves, with the cut side up, on a rimmed baking sheet. Drizzle with olive oil and sprinkle with salt and pepper. Roast in the oven for 45-50 minutes, until you can poke the squash easily with a fork. Let cool until you can handle it safely.
2. Meanwhile, heat the olive oil in a large skillet over medium heat. Add the onion and garlic and sauté for 4-5 minutes. Add the chicken sausage and cook for 10-12 more minutes, stirring regularly, until the sausage is slightly browned.
3. Add the baby spinach and stir. Cook for a 1 minute more to wilt the spinach. Remove from heat and set aside.
4. Once cooled, scrape down the insides of the spaghetti squash with a fork to shred the squash into strands being careful not to tear the shells (if you plan to serve it in the shells – not necessary, just makes for a cool presentation). Transfer the strands into the skillet with the sausage and toss to combine. Add pepper to taste. Divide the mixture among the squash shells. Top with pine nuts and parsley if desired (opt. – I did not have these last 2 ingredients. Still Yum!).

Nutrition Information per Serving (without pine nuts or parsley): Calories: 210, Protein: 19gm, Carbs: 16gm, Fiber: 3gm, Total Fat: 9gm, Saturated Fat: 1.5gm, Trans Fat: 0gm, Cholesterol: 65mg, Sodium: 700 mg