

# spaghetti squash lasagna pie

**SERVES 3-4**

RECIPE ADAPTED FROM: [PaleOMG](#)

COOK TIME: 1½ -2 hours

- 1 large spaghetti squash  
(3-4 cups spaghetti squash noodles/threads)
- 1 lb fresh Italian sausage  
(preferably free range, pastured)
- ½ yellow onion, diced
- ½ yellow bell pepper, diced
- 1 cup no sugar added spaghetti sauce  
(I use [Nellino's sauce](#) formerly Nello's)
- 1 teaspoon dried basil
- 3 cups raw baby spinach
- ¼ tsp salt (opt.)
- ¼ tsp black pepper (opt.)
- 3 eggs, whisked

**This dish is divine but, like regular lasagna, it takes a bit of time to make. So, here are a few hacks that can shorten your prep time so your family is sure to get their fill of it:**

- **Cook spaghetti squash in the microwave instead of the oven. This will save 30 minutes. See instructions [here](#).**
- **On the other hand, baking the spaghetti squash gives it extra flavor. So, the quick tip here is, whenever you bake 1 spaghetti squash, bake 3 others at the same time. The oven is already on, fill it up! When done, scrape the noodles from the extra spaghetti squash and freeze in 2 cup portions for later use. That will save 40 minutes the next time you make this dish. This recipe uses 3 - 4 cups spaghetti squash noodles.**
- **This recipe freezes beautifully, so whenever you make it, make a double batch and freeze the extra one for a quick week night meal.**

PREHEAT oven to 400°F.

CUT spaghetti squash in half lengthwise and scoop out the seeds.

PLACE squash cut side down on a baking sheet covered in parchment paper. Bake 20-25 minutes or until the skin of the squash gives when you press on it.

SCRAPE down the inside of the squash with a fork to remove noodles/threads and set aside.

REDUCE oven temperature to 350°F.

PLACE a large skillet over medium heat on stovetop. Add Italian sausage, bell pepper and onion. Cook until pink no longer remains in the sausage and it is broken into pieces.

ADD spaghetti sauce, dried basil, salt and pepper. Mix well. (You may not need salt and pepper depending on your sausage.)

ADD spinach and toss into sauce mixture until wilted. Add spaghetti squash noodles/threads and mix well using tongs.

ADD whisked eggs and mix until you can no longer see the eggs.

COAT a casserole dish with cooking spray or olive oil. Pour mixture into dish and spread evenly. Place in oven and bake for 1 hour or until the top of the mixture forms a slight crust that doesn't give when you press on it in the middle of the dish.

LET rest for 5 minutes before serving.

