

Stuffed Spaghetti Squash

Yield: 4 min
Total Time: 85 min

Recipe from: <https://www.recipeschoose.com/recipes/recipe-with-italian-sausage-and-squash>

Ingredients:

- 1 spaghetti squash
- 1 pound italian sausage we like to mix spicy & sweet
- 2 cups pasta sauce your favorite, or see the simple sauce recipe below
- 2 tablespoons fresh basil
- 1/2 cup ricotta cheese
- 1/2 cup shredded mozzarella cheese plus extra for topping
- olive oil
- pepper
- salt
- 1 small yellow onion diced
- 1 stalk celery diced
- 3 basil leaves chopped
- 1 can crushed tomatoes
- 4 ounces tomato sauce
- 2 garlic cloves minced, I use a garlic press
- 3 tablespoons olive oil
- salt
- pepper

Nutrition:

1. Calories: 890 calories
2. Carbohydrate: 54 grams
3. Cholesterol: 115 milligrams
4. Fat: 66 grams
5. Fiber: 7 grams
6. Protein: 30 grams
7. SaturatedFat: 20 grams
8. Sodium: 2040 milligrams
9. Sugar: 15 grams

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