

# Roasted Spaghetti Squash with Sausage and Kale

Yield: 4 min  
Total Time: 90 min

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

## Ingredients:

- 3 tablespoons olive oil
- 3 pounds spaghetti squash
- 3/4 pound turkey sausage or any favorite sausage, bulk or removed from casings
- 1/2 cup red onion minced
- 3 cloves garlic minced
- 2 cups kale thinly sliced
- 1 cup grated Parmesan cheese coarsely
- 1 tablespoon fresh oregano finely chopped
- sea salt or Kosher
- freshly ground black pepper
- 62117 sausage
- 16 kale
- 9989 stew
- 11 sausage
- 50728 sausage Grilled, and Mushroom Bowls 11.00 7.00 2.00 0.00 0.00 0.00 2.00 Sausage Dinner Gluten-Free
- 4064 italian sausages with Ratatouille 11.00 7.00 2.00 0.00 0.00 0.00 2.00 Sausage Dinner Gluten-Free
- 10169 kale with Sausage and White Beans 11.00 7.00 2.00 0.00 0.00 0.00 2.00 Kale Dinner Gluten-Free
- 10486 mozzarella
- 11 sausage