

Creamy Spaghetti Squash Casserole

7 ingredients · 1 hour · 4 servings



Directions

1. Preheat the oven to 425 degrees F. Cut the spaghetti squash in half through its belly, remove the seeds and place flesh-side down on a baking sheet lined with parchment paper. Cook for about 30 to 35 minutes, or until cooked through.
2. While the squash is cooking, cook the sausages over medium heat on a pan. Break them up with the back of a wooden spoon until crumbled and cooked through (about 6 to 8 minutes). Remove from heat and set aside.
3. Using the same pan, add the garlic and saute for one minute, then add the arrowroot flour. Lower the heat to medium-low and add the coconut milk. Whisk until the arrowroot powder is dissolved and mixed in. Let it simmer until it thickens.
4. Remove the squash from the oven and use a fork to scrape out the "noodles" and add them to a casserole dish. Top with the sausage, broccoli and sauce and season with sea salt and pepper. Bake for 15 to 20 minutes, or until the broccoli is cooked through.
5. Remove the casserole from the oven, and divide onto plates. Enjoy!

Notes

No Arrowroot Powder

Use cornstarch, tapioca powder or brown rice flour instead.

Leftovers

Store in an airtight container in the fridge up to three days. Reheat in the oven for 10 to 15 minutes at 350.

Likes it Spicy

Serve with red pepper flakes or hot sauce.

Ingredients

- 1 Spaghetti Squash (medium)
- 12 ozs Pork Sausage (casings removed)
- 2 Garlic (cloves, minced)
- 1 tbsp Arrowroot Powder
- 1 2/3 cups Organic Coconut Milk (from the can)
- 4 cups Broccoli (chopped into florets)
- Sea Salt & Black Pepper (to taste)