



# Spaghetti Squash Casserole | Low-Carb Comfort Food

## directions

1. Working with half of spaghetti squash at a time, place cut side down on a microwave safe plate. Microwave uncovered for about 7-10 minutes. Use a fork to test to see if "spaghetti squash" strands pull away from shell easily. If not then microwave for a few more minutes. Set aside.
2. Pre-heat oven to 350.
3. In a bowl mix the ground sausage with the salt, fennel seeds, ground coriander, fresh basil and oregano. Form into 1.5 inch meatballs. Brown meatballs in a large, deep skillet over medium heat until browned. Remove to drain on paper towels.
4. Wipe skillet clean with paper towels and add olive oil. Turn heat to medium and add onion and garlic. Cook for a few minutes just until onions start to turn translucent.
5. Add in collard greens and spinach. Stir for a few minutes until greens begin to wilt.
6. Stir and fold in ricotta cheese until well blended with other ingredients. Remove skillet from heat.
7. Using a fork separate spaghetti squash strands from each half and add to mixture in skillet. Scrape out and spread into a 9 x 13 casserole dish. Top with meatballs, sauce, tomatoes and mozzarella. Bake for 30-35 minutes until mixture is bubbly and hot.

6 <i>servings</i>	15 min. <i>prep time</i>	45 min. <i>cook time</i>
<b>ingredients</b>		
1 lb Swaggerty's Farm Sausage		
1 spaghetti Squash, cut in half lengthwise & seeds removed		
1 teaspoon sea salt		
1/2 teaspoon fennel seeds		
1/2 teaspoon ground coriander		
1 tablespoon chopped fresh basil		
1 teaspoon chopped fresh oregano, or 1/2 dried		
1 tablespoon olive oil		
1/2 cup chopped onion		
2 garlic cloves, minced		
2 cups chopped collard greens		
2 cups chopped fresh spinach leaves		
1 cup reduced fat or whole fat ricotta cheese		
3 roma/plum tomatoes diced		
2 cups jarred pasta/tomato sauce		
1 cup shredded mozzarella cheese		

## To Serve

Serve hot.

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