

# Spaghetti Squash & Italian Sausage Bake

## SQUASH PREP:

- 1 medium spaghetti squash
- 2 tbsp olive oil
  - \*(we use Prairie Oils & Vinegars Garlic Infused Olive Oil - add so much flavour to the squash!)*
- Fresh ground black pepper
- Kosher salt

Preheat oven to 375. Cut squash in half lengthwise, discard seeds. Rub inside of squash with Garlic Olive Oil, fresh ground black pepper and kosher salt. Place squash cut side down in shallow baking dish. Bake for approximately 40-45 mins (depending not on the size of the squash). Remove from oven and let rest until cool enough to handle. Use a fork to separate strands. Scrape the squash into a sprayed casserole dish.



## FILLING PREP:

- 4 links Unger Meats Italian Sausage
- 1 tbsp olive oil
- 1 onion, diced
- 1 clove garlic, minced
- 1 can diced stewed tomatoes, undrained
- 1 can black beans, drained & rinsed
- 1 cup fresh or frozen corn
- ¼ cup parmesan cheese
- 1 cup dry bread crumbs
- 4 tbsp butter

Slice Italian sausage casing and scrape out ground sausage. In a large skillet, cook Italian sausage in olive oil until nearly cooked through. Add onion and garlic. Continue cooking until onion is soft. Add diced tomatoes, black beans and corn and combine all and cook until bubbling. Add sausage mixture to casserole dish with the squash. Mix all together until well combined. In a separate bowl, melt butter and combine with parmesan cheese and bread crumbs. Cover top of casserole with bread crumb mixture. Bake, uncovered, in 375 oven for 20-25 mins. Enjoy!!!

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