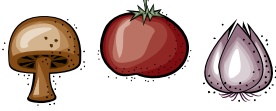


# Healthy Recipe of the Week



For all ingredients = Organic is

## Baked Spaghetti Squash

Adapted from Better Homes & Garden Magazine

Serves 6

- 1 medium spaghetti squash (2 1/4 lb.)
- 12 oz. bulk Italian sausage (try chicken Italian sausage)
- 1 1/2 cups sliced fresh mushrooms
- 1 medium green or red sweet pepper, chopped
- 1/2 cup finely chopped onion
- 3 cloves garlic, minced
- 1 4 1/4-oz. can chopped pitted ripe olives (optional)
- 1/2 tsp. dried Italian seasoning, crushed
- 1 1/2 cups purchased red pasta sauce (Look for one without added sugar)
- 1 1/2 cups shredded Monterey Jack, mozzarella, or Italian blend cheese
- 1/4 cup snipped fresh Italian parsley

1. Preheat the oven to 400 degrees. With a fork, pierce the spaghetti squash all over. Place on a baking sheet; bake, turning squash once, until easily pierced with the tip of a paring knife, 45-60 minutes. Once cool enough, halve squash crosswise; scoop out seeds (you can do this step ahead of time, and let the squash cool until you are ready to assemble the rest of the dish).
2. In a large skillet cook sausage, mushrooms, sweet pepper, onion, and garlic over medium heat until sausage is no longer pink; stir to break up sausage. Drain off fat (there will not be any fat to drain off if you use chicken sausage).
3. Turn oven down to 350 degrees. Use a fork to scrape the flesh from the squash in a circular motion to release strands. Spread half the squash in a greased 2 quart rectangular baking dish. Add half the sausage mixture and half the olives. Sprinkle with seasoning and 1/8 teaspoon black pepper. Top with half the sauce and half the cheese. Top with remaining squash, sausage, olives, and sauce. Bake for 30 minutes. Sprinkle with remaining cheese. Bake for 5 minutes or until cheese is melted. Let stand 10 minutes. Sprinkle with parsley.