

Spaghetti and Squash Pie



Serves 6

Ingredients For Spaghetti Pie

- 1 small spaghetti squash
- 1 tablespoon olive oil
- 1 pound uncooked Italian sausage, casings removed
- 1 teaspoon Kosher salt
- ¼ teaspoon Freshly ground pepper
- 1 small to medium brown onion, chopped
- 2 cloves garlic, minced
- 2 pinches of red pepper flakes
- 2 large eggs, beaten
- 1 cup parmesan cheese, grated
- ½ pound cooked spaghetti pasta
- ¼ cup fresh Italian flat-leaf parsley or basil, finely chopped
- 1 cup (*or more if using some on top of the baked pie*) good-quality marinara sauce
- 1 cup mozzarella cheese, sliced or shredded

▪ *If desired, warmed marinara sauce would go nicely on top of each slice right before serving.*

Steps

- 1. Preheat oven to 350°F. Prepare a 12” springform pan by brushing the inside with olive oil and encasing the bottom with a piece of foil (in case of leaks!). Alternatively you can use a couple of pie plates/pans.
- 2. I like to start with the squash. Cut it in half lengthwise and scoop out the seeds. Place half on a 9’X13” glass baking dish (or large microwave-safe bowl) and add about one-fourth cup of water. Cover well with plastic wrap and microwave for about 9 minutes (or until the flesh is tender and it shreds when dragged with a fork). Put squash in a bowl and repeat process with the other half.
- 3. While the squash cooks, heat a large-size pan with one tablespoon olive oil and begin sauteing the sausage, onions and garlic. Season with salt, pepper and red pepper flakes. Be sure to break up the large chunks of sausage into smaller pieces. When the sausage is browned, remove the pan from the heat and let it cool a bit.
- 4. In a large bowl combine the eggs, parmesan cheese, parsley or basil, marinara sauce, the sausage-onion mixture, the cooked spaghetti pasta and the spaghetti squash.
- 5. Pour the spaghetti mixture into the prepared pan(s). Top with mozzarella cheese and bake for 35 – 40 minutes. You may want to place a foil “tent” on top for the first 15 minutes so the cheese doesn’t get too browned. You should also wait at least 7-10 minutes before unmolding the pan to slice and serve it – otherwise the pie will not slice nicely. I like to ladle some hot marinara sauce on top of each slice. Enjoy!