

Stuffed Spaghetti Squash

Prep time: 20 minutes

Total time 1 hr 20 minutes

Bake time: 60 minutes

Serves 2-4

- 1 lb. Beeler's Breakfast Sausage*
 - 1/2c Westby Sour Cream*
 - Slices of your favorite brick cheese*
 - 1 medium to large spaghetti squash**
 - 1 medium onion, chopped**
 - 1 celery stalk, chopped
 - 1 carrot, chopped
 - *Items that can be purchased at Hansen's Dairy Stores
 - **Items that can be purchased seasonally at Hansen's Dairy Stores
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- Preheat oven to 350F
 - Brown Beeler's Breakfast Sausage & finely chop.
 - Add vegetables & cook until soft & meat is fully cooked.
 - While stovetop ingredients are cooking, cook whole spaghetti squash in microwave on high for 3-5 minutes (or until soft enough to cut in half, length-wise).
 - When stovetop mix is cooked, remove from heat & add sour cream.
 - Scoop out seeds from each half of the squash & place on parchment lined cookie sheet.
 - Spoon stovetop mix evenly into each squash cavity (may be heaping depending on squash size).
 - Bake at 350F for 50 min.
 - Top with brick cheese slices & return to oven for another 10 min.

Enjoy!

Recipe by Julie at www.JulieGrunklee.com