



ATHLETE

Pizza Spaghetti Pie



6 servings



100 minutes



Mary Ewen

Ingredients

1 large spaghetti squash (about 600 grams)

1 pound italian sausage

1/2 yellow onion, diced

1 cup pizza sauce (no sugar added)

1 teaspoon dried basil

salt and pepper, to taste

3 eggs, whisked

Optional: add anything you like on pizza
like veggies and/or cheese

Instructions

1. Preheat oven to 400 degrees.
2. Cut spaghetti squash in half lengthwise. Place spaghetti squash cut side down on a baking sheet and bake for 20-25 minutes or until the skin of the squash gives when you press on it.
3. Then reduce oven heat to 350 degrees.
4. Once squash is done cooking, remove threads and place in an 8x8 greased baking dish.
5. Place a large pan over medium heat. Add italian sausage and onion. Cook until pink no longer remains in the sausage and it is broken up into pieces.
6. Add pizza sauce, dried basil and salt and pepper to the pan and mix well.
7. Add sausage mixture to the 8x8 dish and mix well with spaghetti squash threads.
8. Lastly, add whisked eggs to the baking dish and mix everything together until you can no longer see the eggs.
9. Place in oven and bake for 1 hour or until the top of the mixture forms a slight crust that doesn't give when you press on it in the middle of the dish.
10. Let rest for 5 minutes before serving.

Serving :1 Square

Calories: 265 kcal

Carbohydrates: 13 g

Protein: 12 g

Fat: 18 g