

## Sausage and White Bean-Stuffed Spaghetti Squash

Recipe from Food Network Kitchen

Level: Easy

Active Time: 40 minutes

Total time: 1 hour, 25 minutes

Yield: 2 servings

### **Ingredients**

1 large spaghetti squash (about 3 pounds)

Kosher salt

2 tablespoons olive oil

8 ounces sweet Italian sausage, casing removed and crumbled

1 pint cherry tomatoes, halved

2 teaspoons fresh thyme leaves, chopped

1/4 teaspoon red pepper flakes, plus more for serving, optional

2 cloves garlic, thinly sliced

1/2 cup dry white wine

1/2 cup heavy cream

One 15.5-ounce can white beans, drained and rinsed

One 5-ounce package baby spinach

2 tablespoons grated Parmesan

### **Directions**

1. Preheat the oven to 425 degrees F. Cut the squash in half lengthwise using a serrated knife and remove the seeds with a spoon. Brush the flesh of both halves with 1 teaspoon oil and season with 1/2 teaspoon salt and a few grinds of pepper. Put the halves flesh-side down on a baking sheet and cook until tender, the flesh can easily be flaked with a fork and the edges just turn brown, about 45 minutes. Separate the strands of squash by scraping the flesh with a fork. Leave the scraped strands inside the squash.
2. Meanwhile, heat the remaining oil in a large skillet over medium-high heat. Add the sausage and cook, breaking it up with a wooden spoon and taking care to keep some larger chunks, until it just starts to brown and crisp up, 5 to 6 minutes. Add the tomatoes, thyme, red pepper flakes and garlic and cook, stirring, until just fragrant, about 1 minute. Pour in the wine and cook until reduced by half, 2 to 3 minutes. Add the heavy cream and 1 teaspoon salt and bring to a boil. Lower the heat to medium and simmer until the sauce reduces by half, 3 to 4 minutes. Add the white beans and spinach to the skillet and cook, stirring frequently, until the spinach just wilts and is still vibrant green, 1 to 2 minutes.
3. Divide the sausage mixture between the 2 squash halves and mix with the squash strands until well combined. Sprinkle each squash half with 1 tablespoon Parmesan and serve with more red pepper flakes, if using.