

SPAGHETTI SQUASH & SAUSAGE SALAD

Ingredients:

(serves 2)

2 cups cooked spaghetti squash
1/2 cup shredded Parmesan + 2 tsp
1 tablespoon butter
1/4 cup zucchini, diced
1/4 cup snow peas, diced
2 tablespoons shallots, diced
1 clove garlic, diced
2 tablespoons oil
1 roma tomato, diced
2 sausages – Italian
1 more tablespoon oil
1 teaspoon dried basil
1 cup arugula



Directions:

Slice open a spaghetti squash lengthwise, taking care because it's a tough gourd and wiggles. Once open, place each half face down in a tupperware filled with one inch water. "Bake" in microwave 10 minutes. Remove from oven and scoop out the seeds. Then using a hard spoon, scoop out the meat of the squash, which will form strands like spaghetti. Set aside. * If using an oven, set both squash face down in an inch of water in a baking pan, and bake at 350 degrees for 45 minutes. [May be made a day ahead and reheated.]

Next, in a saute pan, heat 1 tablespoon oil and add diced zucchini, snow peas, shallots, garlic, and roma tomato. Stir fry until browned on both sides.



In a second saute pan, add 1 tablespoon oil and 2 Italian sausages. Stir fry, until browned on on both sides.

While they are cooking, toss warm warm spaghetti squash with 1 tablespoon butter and 1/2 cup shredded Parmesan cheese.

Daryl Wood Gerber

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Directions:

Set 1/2 cup of argula on each plate. Top with 1 cup of spaghetti squash, then top with the stir-fried vegetables.

Adorn with 1 of the sausages, diced into bites. Sprinkle each plate with another tablespoon of Parmesan and adorn with basil.