



# Spaghetti Squash Pots

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**Yield:** 4 servings

## INGREDIENTS

2 spaghetti squash  
2 tbsp. olive oil  
Sea salt  
Black pepper  
1 tsp. olive oil  
1 onion  
1 package shiitake mushrooms or organic sausage  
1/2 bunch kale or collards  
4 tbsp. olive oil  
4 tbsp. champagne vinegar  
1 tbsp. honey  
1 bunch fresh sage  
2 garlic cloves, finely minced  
1/2 cup Pecorino Romano cheese (optional)



## METHOD

- Preheat oven to 350 degrees. Carefully slice spaghetti squash in half lengthwise. Rub each half with olive oil, sprinkle with sea salt and black pepper, and place face down on a baking sheet. Bake for 40-50 minutes, until squash is soft and easily scoops out.
- Meanwhile, heat 1 tsp. olive oil over medium heat in a pan. Sauté onions for 2-3 minutes, then add mushrooms (or sausage) until cooked through, 5-7 minutes. Finely chop the greens and add to the pan for another 3-4 minutes.
- When squash is cooked, scoop out the insides and place in a large mixing bowl. Add the sauté mixture, olive oil, champagne vinegar, honey, fresh sage, minced garlic, and cheese (optional). Stir well to combine, and scoop back into the squash skins. Place the squash with stuffing back on the baking sheet, face up, and place back in the oven for 3 minutes.

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