



Veggie Spaghetti Squash Skillet



This recipe calls for:

Chunky Garden Vegetable Pasta Sauce

Prep time

15 MINUTES

Cook time

50 MINUTES

Servings

4

Ingredients

- 2 spaghetti squash - (about 2 pounds each)
- 4 tablespoons olive oil, divided
- kosher salt and black pepper
- 1 pound meatless Italian sausage, removed from casings
- 1/2 teaspoon crushed red pepper
- 1 red onion, thinly sliced
- 1 yellow bell pepper, thinly sliced
- 2 cloves garlic, thinly sliced
- 1 cup multi-colored grape tomatoes, halved
- 1 jar (24 ounce) RAGÚ SIMPLY® Chunky Garden Vegetable Pasta Sauce
- 1/2 cup shredded Parmesan cheese

1/4 cup small basil leaves, loosely packed

Instructions

1. Preheat oven to 400°F. Cut each squash into 1-1/2-inch-thick rings; remove seeds. Arrange on 2 rimmed baking sheets lined with parchment paper. Drizzle with 2 tablespoons oil. Season to taste with salt and pepper. Bake 40-45 minutes or until fork-tender. When cool enough to handle, cut through one section of each ring to peel and discard tough skins. Separate fibers to create long strands.

2. Heat remaining oil in large skillet on medium-high heat. Add sausage and red pepper flakes; cook 5-7 minutes or until browned. Add onions, bell peppers and garlic; cook 3-4 minutes or until crisp-tender. Add tomatoes, squash strands and sauce. Cook 1-2 minutes or until heated through, gently mixing until combined.

3. Sprinkle with cheese and basil before serving.

Tips: Plant-based meatless or vegetarian Italian sausage is available in the refrigerated meat section or frozen aisle of a well-stocked grocery store. Cutting the spaghetti squash into rings results in faster cooking and guarantees longer squash strands.