SAUSAGE AND KALE SPAGHETTI BOATS

Ingredients:



- 1/2-pound spicy Italian chicken sausage (optional to take out of casing)
- 1 bunch kale center rib removed and torn into pieces (about 6 cups prepared)
- 6 ounces whole milk mozzarella cheese shredded
- 1 large onion, sliced
- 1T olive oil
- 2 cloves garlic, minced
- kosher salt

Directions:

- Preheat oven to 350°F
- Combine 1 tablespoon olive oil and the garlic in a small dish so that the garlic starts to infuse the oil. Set aside.
- Cut both ends off of spaghetti squash and then cut in half. Scoop out the seeds. Microwave for 12-20 minutes or until the flesh can easily shred into "noodles" with a fork. When cooled, shred all the flesh into noodles and scoop them out of the shells. Set "noodles" and shells aside.
- In a large sauté pan, brown the sausage over medium-high heat for 3-4 minutes, until starting to brown but is not cooked all the way through.
- Add the sliced onion and cook together with the sausage for about 8 minutes, until the onion is softened.
- Add the kale, garlic, and olive oil mixture and a pinch of kosher salt to taste.
- Sauté for 3-4 minutes or until the kale is wilted.
- Remove half of the kale/sausage mixture from the pan and set aside.
- To the remaining sausage kale mixture in the pan, add the spaghetti squash "noodles" and mix to combine.
- Place the two empty spaghetti squash shells in a baking dish large enough to hold them.
- Fill each shell with the spaghetti squash/kale/sausage mixture.
- Top each boat with about 2 ounces of mozzarella cheese.
- On top of the cheese, evenly divide the remaining kale/sausage mixture between the two boats.
- Top each boat with a little more cheese (about 1 ounce each).
- Bake in the oven for 10 minutes. Finish under the broiler, if desired, for about 1 minute, or until the cheese is bubbling and starting to brown.
- Each boat is two servings.

NUTRITION PER SERVING:

Calories: 384kcal | Carbohydrates: 7g | Protein: 19g | Fat: 31g | Sat Fat: 13g | Cholesterol: 77mg | Sodium: 695mg | Fiber: 1g | Sugar: 2g

Reference: https://www.foxandbriar.com

ALLOY®