Paleo Sausage Spaghetti Squash Bake

Serves 4

Ingredients:

- 1pound Italian sausage
- 1 medium spaghetti squash, halved and seeds removed
- 1 bundle of kale, roughly chopped
- 1 red onion, halved and sliced
- 1 egg
- ⅓ cup chicken broth
- ½ cup canned coconut milk
- 1 garlic clove, minced

Adapted from PaleOMG.com

- 1 tablespoon garlic powder
- 1 teaspoon tarragon
- 1 teaspoon salt
- $^1/_2$ teaspoon black pepper
- $^1/_4$ teaspoon ground sage

Instructions:

1. Pre-heat your oven to 400°F.
2. Cut your spaghetti squash in half and use a spoon to remove the seeds and excess threads from the squash.
3. Place open side down on a baking sheet and bake for about 20-25 minutes or until you can press into the squash and it gives a bit.
4. While the squash bakes, heat up a large pot under medium-high heat and add the sausage. Break up with a wooden spoon or spatula. Once cooked through, remove sausage with a slotted spoon and put in a bowl.
5. Keep the extra fat from the meat in the pot, add the minced garlic, kale, onions, and chicken broth. Stir to combine. Then add the coconut milk and spices. Cover and let simmer for about 5 minutes.
6. Remove the spaghetti squash from the oven and scoop out strands with a fork.
7. Once the kale is wilted and onions have become translucent, remove from heat and add the spaghetti squash as well as your egg to the kale/onion mixture. Mix thoroughly. Then add your cooked Italian sausage and mix together.
8. Place the mixed ingredients into a baking dish and spread out evenly. Bake 15-20 minutes or until top is slightly browned. Serve.

Nutrition per serving: Calories 438; Total Fat 30.0 g; Saturated Fat 13.2 g; Monounsaturated Fat 11.4 g; Polyunsaturated Fat: 3.5 g; Total Carbohydrates 24.1 g; Dietary Fiber 4.3 g; Sugar Alcohols 0.1 g; Sugars 9.4 g; Protein 20.8 g; Sodium 1344 mg