

## **Spaghetti Squash Pie**

A great veggie-based alternative to traditional spaghetti pie that is just as hearty and filling. Try roasting a few large spaghetti squashes and store the flesh in the freezer for recipes like this. Precooked spaghetti squash is also available at some retailers.

Prep Time: 20 mins

Total Time: 60 mins

Makes: 6 servings

### **Ingredients:**

#### **Spicy Turkey Italian Sausage**

1 tablespoon avocado oil  
16 ounces ground turkey  
1 1/2 teaspoons garlic powder  
1 teaspoon fennel seeds  
1 teaspoon dried oregano  
1 teaspoon red pepper flakes  
1 teaspoon kosher salt  
1/2 teaspoon fresh cracked black pepper  
2 cups no sugar added marinara sauce

#### **Pie "Crust"**

16 ounces (about 3 cups) cooked and cooled spaghetti squash (about 1/2 of a 3 pound squash)  
1/2 cup whole milk ricotta cheese  
1/2 cup shredded parmesan cheese  
1 large egg  
1/2 teaspoon garlic powder  
1/2 teaspoon kosher salt  
1/2 teaspoon freshly cracked black pepper  
1 cup shredded whole milk mozzarella cheese

### **Directions**

1. Preheat oven to 375°F. Butter or oil a 9 1/2-inch deep dish pie plate; set aside
2. Heat oil in a large skillet over medium-high heat. Add turkey and spices. Cook, stirring occasionally, until no pink remains. Remove from heat; add marinara sauce. Set aside.
3. In a large bowl mix all "crust" ingredients except mozzarella until well blended. Press the mixture in the bottom and up the sides of the prepared pie plate.
4. Add meat mixture to the crust and top with mozzarella. Bake 30-35 minutes or until bubbly and the cheese is starting to brown. Let stand at least 10 minutes before serving.