

RECIPE OF THE WEEK

Spaghetti Squash Soup

Ingredients

2 small spaghetti squash – cut and split lengthwise and seeds removed
2 tbsp. light oil avocado/ grapeseed/canola
1 lb Italian Sausage
1 large yellow onion – chopped
1 medium zucchini – chopped
2 cloves garlic – minced
2 cans (14 ounces) diced tomatoes with their liquid

2 qt. chicken stock or turkey stock
2 tsp. dried basil
2 tsp. dried oregano
1/8 tsp. red pepper flakes (or to taste)
1½ tsp. coarse salt
½ tsp. ground pepper
2 tbsp. butter (for Maintenance)
1 tbsp. apple cider vinegar



Preparation

1. In a large skillet heat the canola oil over medium heat.
2. Place the spaghetti squash cut side down in the pan and allow it to brown (approximately 5 minutes).
3. Remove and do the same with the second squash.
4. (Note – the above step is optional but the extra browning of the squash adds more flavor to the soup).
5. Place the browned squash in a microwave-safe dish and cover with plastic wrap. Microwave until tender, then set aside to cool.
6. Add the onion, zucchini, and garlic.
7. Cook, stirring occasionally until the sausage is no longer pink in the center.
8. When the spaghetti squash has cooled enough to handle, scrape the strands of the squash into a large stockpot.
9. Add the sausage mixture, oregano, basil, tomatoes, red pepper flakes, salt, black pepper, and chicken stock. Stir well.
10. Bring the soup to a simmer and cook over low for 20-30 minutes.
11. Stir in the butter (if in Maintenance) and apple cider vinegar.
12. Remove from the heat.
13. Add additional seasoning to taste, if desired.
14. To serve, spoon the soup into bowls and top with Parmesan cheese (for Maintenance).

