

Our State eats

Sponsored by Neese's Country Sausage

Spaghetti Squash With Sausage Ragù

Yield: 4 to 6 servings.

- 2 tablespoons extra virgin olive oil
- 1 shallot, minced
- 3 to 4 cloves garlic, minced
- 2 cups cauliflower, minced,
or store-bought "cauliflower rice"
- 1 pound Neese's Extra Sage Sausage
- 2 teaspoons smoked paprika
- 1 (16-ounce) can whole tomatoes, strained
- ¼ teaspoon kosher salt, plus more to taste
- ¼ teaspoon black pepper, plus more to taste
- ½ pound fresh or frozen spinach
- 1 medium to large spaghetti squash
- ½ cup crème fraîche
- ¼ teaspoon allspice

Preheat oven to 375° on the convection setting. If you do not have convection setting, heat to 400°.

In a large pot over medium, heat the olive oil and sauté shallot and garlic. Once translucent and fragrant, but not browned, add cauliflower and cook to soften, about 4 minutes. Add sausage and use a wooden spoon to crumble as it cooks. Once sausage is cooked halfway, about 6 minutes, add smoked paprika and cook until fragrant, about 30 seconds. Pour in tomatoes and season with salt and pepper to taste. Reduce heat to medium-low and simmer sauce for 30 minutes, stirring occasionally, until thickened.

Add spinach to sauce and cover; cook for 5 minutes until spinach wilts. Give everything a stir to distribute spinach throughout and season with salt and pepper to taste. Simmer while you prepare the squash.



Slice spaghetti squash in half lengthwise. Scrape pulp and seeds out with a spoon. Set squash halves skin-side down in a baking pan with high sides. Season with salt and pepper and fill with *ragù* sauce; it is ok for some to spill out onto the pan.

Transfer to the oven and bake for 35 to 45 minutes, or until squash is tender.

While the squash bakes, mix crème fraîche with ¼ teaspoon each of salt, pepper, and allspice. Refrigerate until ready to use.

Remove squash from oven and let cool in pan for about 8 minutes. Use a fork to mix sauce into squash. Scoop spaghetti squash flesh from the outer skin and transfer to a serving bowl. Add more sauce as desired. (Extra sauce can be frozen in an airtight container for up to 3 months.)

Serve spaghetti squash warm with a dollop of crème fraîche.

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