



Spaghetti Squash Pizza Casserole

Here is a gluten-free way to enjoy pizza flavors! This was recommended to us by a member who follows the paleo diet; he makes this without cheese. If you don't want to use cheese, but want a cheesy flavor, try nutritional yeast.

- 1 spaghetti squash
- 1 onion
- Olive oil
- 1/2 lb ground Italian sausage (we used mild poultry sausage from Wegmans)
- 1 zucchini or yellow squash
- 3 cups marinara sauce or pizza sauce (we used Don Pepino's pizza sauce)
- 2 large eggs
- 1/2 tsp salt
- 1/2 tsp Italian seasoning, plus more for sprinkling on top of casserole
- 1/2 tsp garlic powder
- Pepperoni – as little or as much as you'd prefer
- 1/2 cup Romano or Parmesan cheese
- 1/2 cup Mozzarella cheese

Preheat oven to 375 degrees.

Cut off the stem of the spaghetti squash, then cut in half lengthwise or widthwise. Scoop out the seeds. Put on a baking sheet, sprayed with cooking spray, cut side down.

Peel onion and trim roots, leaving the core intact. Quarter the onions and toss with olive oil, salt and pepper. Place on the cookie sheet with the squash.

Bake squash and onions at 375 for 1 hour or until squash is tender when pierced with a knife. Check onions every now and then; they will get brown, but if they are beginning to burn, take off cookie sheet and cool. Transfer squash and onion to a colander and press out excess liquid.

Let spaghetti squash and onions cool for 10 minutes after coming out of oven. When onions are cool, chop them up into a large bowl. Using a fork scrape out strands of the spaghetti squash into the bowl with the onions.

While squash and onions are cooking, grate the zucchini/yellow squash with a box grater, then drain in a colander and press out excess liquid. In a medium skillet over medium high heat, brown the Italian sausage until cooked through. Add zucchini and Italian sausage to spaghetti squash mixture.

Turn oven to 350.

Add marinara sauce, eggs, salt, Italian seasoning and garlic powder to spaghetti squash mixture and stir well.

Place the spaghetti squash mixture into a 9 by 13" baking dish and smooth into an even layer. Top with half of the pepperoni, then the romano cheese, then the mozzarella cheese.

Top with the remaining pepperoni and sprinkle with a bit more Italian seasoning. Bake for 20-30 minutes until set and heated through.

