

Creamy Pumpkin "Pasta"

Ingredients

- 1 medium spaghetti squash
- 1 pound sweet Italian sausage, casing removed
- 1 small onion, diced
- 2 cloves garlic, minced
- 2 tablespoons olive oil
- 2 cups pumpkin puree
- 2 cups chicken stock, preferably homemade
- 1/2 cup coconut milk
- 1 teaspoon kosher or sea salt
- 1/2 teaspoon freshly ground black pepper
- 2 tablespoons fresh thyme leaves, divided
- Parmesan cheese (optional)



Instructions

Preheat oven to 350 F.

Slice the spaghetti squash in half lengthwise and scoop out the seeds in the center. Add enough water to cover the bottom of a baking dish large enough to hold both halves of the squash, and place the squash in the pan, cut side down. Roast for 30 to 40 minutes, or just until tender enough to be pierced with the tines of a fork. Take care not to overcook.

While the squash is roasting, cook the sausage in a large skillet over medium-high heat, breaking it up with a spatula or wooden spoon, until cooked through and browned. Remove from the pan using a slotted spoon and transfer to a paper towel-lined plate. Set aside.

Drain the fat from the skillet and add the olive oil; reduce the heat to medium low and add the onion and garlic to the pan. Cook, stirring frequently, until the onion is soft and translucent, about 5 minutes. Increase the heat to medium and add the pumpkin, chicken stock, coconut milk, salt, pepper and 1 tablespoon of the thyme to the skillet. Whisk until well-combined and simmer, stirring occasionally, for 10 minutes .

Once the squash is roasted, scrape out the flesh with a fork to make long strands, handling the hot squash with care. Add the squash and reserved sausage to the sauce in the pan and simmer for another 2 to 3 minutes, or until the sausage is heated through.

Divide between 6 wide, shallow bowls and garnish with the remaining thyme and Parmesan cheese, if using. Serve immediately.

Nutrition (per serving): 424 calories, 33g total fat, 70mg cholesterol, 1199.5mg sodium, 635.2mg potassium, 18.9g carbohydrates, 4.2g fiber, 7.1g sugar, 15g protein

Recipe by **Jan's Sushi Bar** at <http://www.janssushibar.com/creamy-pumpkin-pasta/>