

Spaghetti Squash Brat Boats

5 ingredients · 40 minutes · 4 servings



Directions

1. Preheat oven to 400.
2. Cut squash horizontally, remove seeds and coat with oil. Place cut side down on cookie sheet.
3. Slice brats and arrange on a second cookie sheet. roasted everything for 30 minutes or until you can pierce hold in squash with fork. (squash middle rack, brats bottom rack).
4. Carefully flip over squash suing tongs. Use fork to shred squash and place in bowl along with brat slices and pesto.
5. Mix together and return to squash boats. Roast for another 5-10 minutes prior to serving.

Ingredients

- 2 Spaghetti Squash (small, about 4lb each)
- 2 tbsps Avocado Oil (or olive oil)
- 15 ozs Pork Sausage (5 fully cooked brats or smoked sausage links)
- 1/2 cup Pesto
- 1 tsp Sea Salt