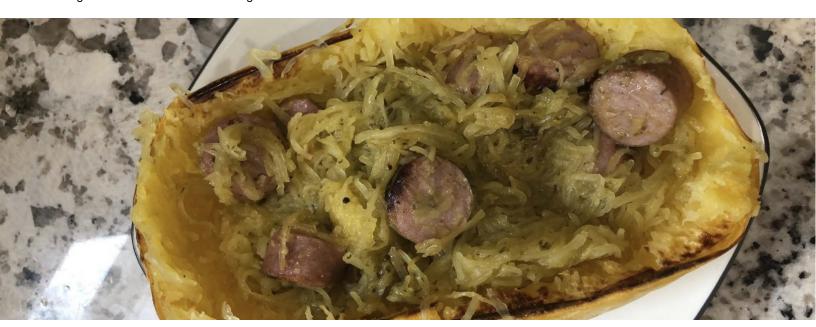
Spaghetti Squash Brat Boats

5 ingredients · 40 minutes · 4 servings



Directions

- 1. Preheat oven to 400.
- 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).
- 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

