

Spicy Sausage with Spaghetti Squash Pasta

JOYOUS HEALTH

Recipe by Joy McCarthy from Joyous Health

Ingredients:

- Serves 2 with leftovers or 4 moderately

For the Sauce

- 1 can whole tomatoes (look for low-sodium)* or your own fresh tomato sauce 2.5 cups
- 3 turkey or chicken spicy sausages**
- 1 whole white onion, finely chopped
- 2 garlic cloves, finely chopped
- 1 tbsp olive oil, watered down
- Sea salt and pepper
- Fresh basil

For the Spaghetti Squash Pasta

- 1 organic spaghetti squash, cut in half lengthwise and remove seeds

Instructions:

1. In a medium saucepan, sautee onion and garlic in olive oil with some water to dilute the oil and prevent it from oxidizing. Add the tomatoes and let simmer. Season as you like. Don't add the basil until just before the sauce is ready.

Notes:

*If canned tomatoes are a staple in your home then I recommend you buy whole tomatoes in a glass bottle. They will be more expensive but they will be BPA-free. As far as I know, you cannot get BPA-free canned tomatoes. **Go to your local butcher. I shop at the Healthy Butcher and Rowe Farms. Many large grocery stores offer organic, nitrate-free sausage.