Mom’s Sausage & Spinach Pasta

Ingredients

- 1 lb. Italian sausage
- 1 Spaghetti squash (u can use zoodles instead of you want)
- 10 ounce package of frozen spinach - this go around I used 4 cups of fresh spinach instead
- Salt and pepper to taste
- 1 cup chicken bone broth
- 2 tsp garlic
- 1 tbsp avocado oil
- 1 tsp thyme (omit if you want - this is a new addition for me)
- 3 tsp of sage (this is the secret ingredient in this so don’t be afraid of it - you can do less but chances are you will do more)

Preparation

1. Heat oven to 400 degrees
2. Slice spaghetti squash lengthwise, scoop out seeds, and place face down on baking pan on parchment paper
3. Remove sausage from casing.
4. Brown sausage and garlic in skillet in oil on medium heat.
5. Add spinach stir until it wilts.
6. Add in bone broth, thyme, and sage and simmer for about 5 minutes
7. Once spaghetti squash is done use a fork to take out strands and place in the skillet with the other ingredients. Simmer for 3-4 minutes.
8. Top with Nutritional Yeast if you would like as topping