

NAME

Spaghettiless

DESCRIPTION

On busy weekend nights, spaghetti was a staple meal at my house. Sam and I had a pantry full of noodles, because neither of us could remember if we had enough at home. Each time we stopped at the store for ingredients, we would pick up some more. Since we ate it at least twice a month, that wasn't a big deal.

When we started eating keto, Sam cleaned out the pantry of all the foods we no longer wanted to eat. I believe she gave 7 boxes of noodles to our neighbor. We thought our days of a quick meal were done. One night when we especially tired and craving comfort food, I suggested we have spaghetti sauce without the pasta. Spaghettiless was born.

The best part of spaghetti is the sauce. I find that I don't miss the noodles. If you want to put this over spaghetti squash or shirataki noodles, you can. I say save the carbs and calories for fresh fruit, though. I like to serve it in a Parmesan Bowl when I still have plenty of calories available for the day.

PREP

30 minutes

COOK

10 minutes

INGREDIENTS

1 tablespoon butter

6 ounces fresh mushrooms, slice

1 pound Italian sausage, cooked and drained

3 cups Marvelous Marinara

6 Parmesan Bowls

6 tablespoons freshly shaved Parmesan

6 basil leaves

DIRECTIONS

1. In a medium sauté pan, melt butter and cook mushrooms until gold brown.
2. Add sausage and marinara. Heat until bubbly.
3. Divide between 6 Parmesan bowls.
4. Sprinkle shaved Parmesan atop and garnish each with basil leaf. Serve immediately.

YIELD

Serves 6

NOTES

If you don't have Parmesan Bowls, just use a regular one. When I do that, I increase the amount of shaved Parmesan.

Have only a couple of people to feed? You can freeze Spaghettiless mixture. Parmesan Bowls can be stored in a resealable plastic bag for a couple of weeks.

NUTRITION BREAKDOWN, EACH SERVING

Net carbs: 8 grams

Total carbs: 9 grams

Fiber: 9 grams

Fat: 64 grams

Protein: 59 grams

Calories: 852

Glycemic load: 2