

Spaghetti Frisbee

Serves 4

6 oz. spaghetti, cooked and cooled
2 tsp. olive oil, divided
2 links (1/2 lb.) Italian chicken sausage, casings removed
1 oz. smoked gouda, grated or shredded
2 oz. Pecorino Romano, grated
pinch of nutmeg
1/3 cup half and half or cream
2 extra large eggs, lightly beaten
1/2 cup sundried tomatoes, drained and chopped
1/2 Tbsp. butter
salt and pepper (I actually used zero salt - odd for me - because of the cheese & sausage)

Heat 1 tsp. olive oil in a pan and then crumble the sausage into the pan, cooking until done. Set aside to cool.

Mix together the cheeses, nutmeg, half and half, eggs & some freshly ground pepper. Toss the mixture with the cooled pasta and then stir in the sausage and the sundried tomatoes.

Preheat the broiler. In a nonstick skillet (mine was 10"), heat the remaining tsp. of olive oil and the butter. Transfer the spaghetti mixture to the skillet, pressing to form an even layer. Cook until the bottom is golden, about 3 minutes. Transfer to the broiler to finish cooking and crisp up, about 5 more minutes. Allow to cool slightly before inverting onto a platter and slicing into wedges.

Nutritional Information Per Serving (with whole wheat pasta & Trader Joe's Spicy Italian chicken sausage): Calories: 389 / Fat: 18.4g / Saturated: 6.5g / Carbs: 36g / Fiber: 5.7g / Protein: 24.1g

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