

Prep Time	15 minutes
Cook Time	25 minutes
Total Time	40 minutes
Servings	4 servings (1 stuffed sausage per serving)

Table of Contents

- ◆
 - [Key Ingredients](#)
 - [For the Sausages:](#)
 - [For the Cheesy Stuffing:](#)
 - [For Garnish:](#)
 - [Step-by-Step Cooking Instructions](#)
 - [Step 1: Prep the Oven & Baking Dish](#)
 - [Step 2: Slice the Sausages](#)
 - [Step 3: Prepare the Cheese Mixture](#)
 - [Step 4: Stuff the Sausages](#)
 - [Step 5: Bake](#)
 - [Step 6: Top & Broil](#)
 - [Step 7: Garnish & Serve](#)
 - [Expert Chef Tips for Success](#)
 - [Serving Suggestions](#)
 - [Storage & Meal Prep Instructions](#)
 - [Complete Nutritional Information](#)

Key Ingredients

For the Sausages:

- 4 raw Italian Sausage Links (Mild or Hot, uncooked, ~4 oz each)

- ½ cup Low-Sugar Marinara Sauce (Rao's Homemade or similar)

For the Cheesy Stuffing:

- 4 oz Cream Cheese, softened at room temperature
- 1 cup Shredded Mozzarella Cheese (divided)
- ¼ cup Grated Parmesan Cheese
- 2 cloves Garlic, minced
- 1 tbsp Fresh Parsley, finely chopped (or 1 tsp dried)
- 1 tsp Dried Italian Seasoning
- ¼ tsp Red Pepper Flakes (optional, for extra heat)
- Salt & Freshly Cracked Black Pepper to taste

For Garnish:

- Fresh Basil or Parsley, chopped

- Extra Grated Parmesan Cheese

Step-by-Step Cooking Instructions

Step 1: Prep the Oven & Baking Dish

Preheat your oven to 400°F (200°C). Pour ½ cup of marinara sauce into the bottom of an 8×8-inch or 9×13-inch baking dish, spreading it into an even layer. This provides a flavorful base and keeps the sausages juicy as they bake.

Step 2: Slice the Sausages

Place the raw Italian sausage links on a clean cutting board. Using a sharp knife, slice each sausage lengthwise down the middle, cutting about ¾ of the way through. Do not cut all the way through. Gently press the halves open with your fingers to create a shallow boat shape for the cheese filling. Arrange the sausages side by side in your prepared baking dish over the marinara sauce.

Step 3: Prepare the Cheese Mixture

In a medium mixing bowl, combine the softened cream cheese, ½ cup of the shredded mozzarella, grated parmesan cheese, minced garlic, Italian seasoning, chopped parsley, and red pepper flakes (if using). Season with a pinch of salt and freshly ground black pepper. Mix thoroughly with a spatula or fork until the mixture is smooth and evenly blended.

Step 4: Stuff the Sausages

Spoon equal amounts of the cheesy filling into the slit of each sausage link. Use the back of a spoon to press the filling gently into the cavity so it fills the entire length of the sausage.

Step 5: Bake

Place the baking dish uncovered in the preheated oven and bake for 20 minutes, or until the sausages are cooked through and reach an internal temperature of 160°F (71°C) on a meat thermometer.

Step 6: Top & Broil

Carefully remove the dish from the oven. Sprinkle the remaining ½ cup of shredded mozzarella cheese evenly over the top of the stuffed sausages. Return the dish to the oven under the broil setting for 2 to 3 minutes, or until the top cheese layer is melted, bubbling, and lightly golden brown.

Step 7: Garnish & Serve

Remove from the oven and let the dish rest for 3 to 5 minutes. Garnish with freshly chopped basil or parsley and an extra dusting of parmesan before serving hot.

Expert Chef Tips for Success

1. **Don't Cut Through the Casing Base:** Be careful when butterfly-slicing the sausages. Leaving the bottom intact holds the juices and melted cheese inside.
2. **Room Temperature Cream Cheese:** Ensure your cream cheese is properly softened before mixing; this makes stuffing easier and ensures an even distribution of spices.
3. **Check Internal Temperature:** Italian sausage made from pork should always reach 160°F (71°C) internally to ensure safety while preserving juiciness.
4. **Air Fryer Alternative:** To make these in an air fryer, arrange stuffed sausages in a

basket lined with parchment paper and air fry at 375°F (190°C) for 14–16 minutes, adding top cheese during the last 2 minutes.

Serving Suggestions

- Low-Carb Side: Pair with roasted garlic zucchini, steamed broccoli, or a crisp Caesar salad with garlic croutons.
- Classic Italian Style: Serve over a bed of warm garlic spaghetti squash or hearts of palm noodles coated in extra marinara sauce.
- Dipping: Provide extra warmed marinara or garlic butter sauce on the side for dipping.

Storage & Meal Prep Instructions

- Refrigeration: Store cooled leftovers in an airtight container in the refrigerator for up to 3 to 4 days.
- Reheating: Reheat in the oven or air fryer at 350°F (175°C) for 8–10 minutes until warmed through and the cheese is remelted. Microwave on medium power in 45-second intervals to avoid rubbery cheese.
- Freezing: Stuffed raw sausages can be frozen for up to 2 months. Thaw overnight in the refrigerator before baking as instructed.

Complete Nutritional Information

(Estimated values per 1 stuffed sausage serving with marinara)

Nutrient	Amount Per Serving
Calories	445 kcal
Total Fat	36 g
- Saturated Fat	16 g
- Trans Fat	0 g
Cholesterol	95 mg
Sodium	890 mg
Total Carbohydrates	5 g
- Dietary Fiber	1 g
- Total Sugars	2.5 g
Net Carbohydrates	4 g
Protein	25 g
Calcium	220 mg
Iron	1.8 mg