

ROASTED SPAGHETTI SQUASH

Spaghetti squash is nutritious and can be a good substitute for pasta. By itself roasted spaghetti squash does not have much flavor so its important to use a sauce with it that has an abundance of flavor.

I like to make something similar to a Puttanesca sauce.

Rich with olives, capers, tomatoes and herbs.



Roasted spaghetti squash

Ingredients;

1 whole spaghetti squash, cut in half lengthwise, seeds removed

3 garlic cloves, forced through a garlic press

1/2 med onion, chopped fine

2 TSP anchovy paste

1/2 TSP hot red-pepper flakes

1/3 cup extra virgin olive oil

1 (28-ounce) can whole plum tomatoes in juice or 6 plum tomatoes, diced

1/2 cup pitted mixed Kalamata & Italian green (not Spanish)olives, sliced in half

2 TBLS drained capers

4 fresh basil leaves, chopped

Directions;

Preheat the oven to 375.

Drizzle a little of the olive oil on the cut side of the squash.

Bake the squash in a roasting pan cut side down for about 45-55 minutes, until a knife inserts easily. Set aside.

In a heavy fry pan place the oil and cook the onion, garlic, anchovy

paste and red pepper for 2-3 minutes while stirring. Pulse chop the tomatoes and their juice in a food processor or blender. Add to the frying pan and stir. Add the balance of ingredients and simmer for 10 minutes. Scrap the squash out of its skin and add it to the frying pan tomato mixture. Toss to mix. Lightly grate Parmesan cheese over the top and serve.