

Spaghetti Squash

Ingredients:

1 2-3 pound spaghetti squash
1 lb fresh spinach (you may use frozen if fresh is unavailable, I use 10 oz or smaller)
2 teaspoons sun-dried tomatoes (more to taste, I use 2 Tablespoons)
1 cup fresh mushrooms
1/2 sweet onion, chopped
1 glove garlic, grated
4 tablespoons butter
Olive oil

Directions:

Pierce spaghetti squash with a fork and either cook in the microwave on high for 5-6 minutes per pound, or roast in the oven, whole for 30-40 minutes per pound, or until tender. The skin of the squash is very thick and difficult to cut, so I just cook the whole squash, and then remove the seeds after cooking. For this recipe I used the microwave, and it worked great.

When the squash is tender, remove and cut in half and remove the seeds of the squash. When cool enough to handle, use a fork to “rake” the insides producing spaghetti strands. Place shredded spaghetti squash in a large pasta bowl.

Then preheat a large skillet. Drizzle with olive oil, add onions, and mushrooms. Sauté until softened. Add garlic and wilt in spinach. Then add the sun-dried tomatoes. Melt in butter and add vegetables to squash.

Serve with fresh bread.