

Family Recipe

SPAGHETTI SQUASH WITH TOMATO SAUCE*

Serves 6

**Adapted from Yvonne Nickels in What's Cookin' II*

INGREDIENTS

1 spaghetti squash (2-2½ lbs.)

¼ cup chopped onion

2 cloves garlic, minced

1 Tbsp. vegetable oil

1 15 oz. can tomatoes, crushed

1 tsp. dried Italian seasoning (or a mix of dried basil and oregano)

¼ tsp. salt

¼ tsp. pepper

DIRECTIONS

Prepare sauce: Cook onion and garlic in hot oil until tender. Do not brown. Stir in tomatoes, Italian seasoning, salt and pepper. Bring to a boil. Reduce heat and simmer for 10-15 minutes, stirring often.

Cook squash: Squash can be boiled or roasted. Boil whole for 20-30 minutes until tender (test with a fork). Let squash cool slightly, then cut in half and scoop out seeds. OR, cut squash in half lengthwise and scoop out seeds. Prick skin with fork. Bake in a 350° oven for 30-40 minutes until tender.

Make “spaghetti”: Scrape squash from shells. Use a fork to shred squash. Serve tomato sauce over squash.

