

Seasonal Sides VII: Spaghetti Squash

We can always use one more spaghetti squash recipe and this one is so easily adaptable it makes a great go-to!



I have to admit, there are mixed feelings in our family when it comes to spaghetti squash but, since I happen to love it, we give it another try every so often hoping to sway the undecided voters. This basic recipe gets the best reviews. I do always increase the vegetable content with whatever I have on hand and play with the spices accordingly. Sometimes I will add sliced sauteed mushrooms and peppers and other times a bag of frozen spinach. Sauteed broccoli rabe, which is available through the winter here in Austin, is also a great compliment.

The prep with this dish is quite simple as the spaghetti squash will do it's own thing in the oven while you prepare the sauce in your blender or Vitamix. If you are able to keep the squash shells from breaking while releasing the "spaghetti" you can refill them with the strands covered with sauce for serving.

Enjoy!

Spaghetti Squash Ingredients

1 medium spaghetti squash

2 tsp extra virgin olive oil

2 tsp garlic, minced
salt & freshly ground pepper

Tomato Sauce Ingredients

$\frac{1}{2}$ cup raw cashews, soaked
1 15oz can fire roasted tomatoes, diced
 $\frac{1}{4}$ cup basil leaves, chopped
2 Tbsp water
 $\frac{1}{2}$ tsp salt red pepper flakes (optional)

Full Instructions Here