



SPAGHETTI SQUASH with RUSTIC TOMATO SAUCE

INGREDIENTS:

[FOR THE SQUASH]

- 1 medium-sized spaghetti squash,
cut in half lengthwise and de-seeded
- 2 tsp olive oil
- 2 tsp salt
- 1 tsp ground black pepper

[FOR THE SAUCE]

- 6 fresh tomatoes
- ½ c green bell peppers, diced
- 1/2 c white or yellow onions, diced
- 1 tbsp garlic, finely chopped

- 1 tbsp parsley, chopped
- 1 tbsp oregano
- Salt & pepper to taste



Preheat oven to 425 degrees

PREPARATION:

- 1- Divide the ingredients for the squash in half. Rub the oil, salt, & pepper into each half. With the cut side up, place each half of the squash on a baking sheet & bake in the middle of the oven for 20 minutes.
- 2- Add the onions, bell pepper, & olive oil to a saucepan. Cook on medium heat for 2 minutes. Add the tomatoes, stir to mix together, & cook for 3 minutes. Add the remaining sauce ingredients, stir to mix all of the ingredients together, cover the saucepan & reduce the heat to medium. Cook for additional 7-10 minutes. Stir occasionally.
- 3- Once the squash is tender (can easily push a toothpick into the flesh), remove it from the oven. Let cool for 5-10 minutes. Rack a fork over the flesh of the squash to make the 'spaghetti.' Place a serving size of the squash onto a plate.
- 4- Remove the lid from the saucepan, stir the sauce, & then spoon a serving size onto the plated squash.
- 5- Garnish with a sprig of parsley. Serve & enjoy!

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