



Spaghetti Squash

From the kitchen of B.J. Thompson

Note Plain spaghetti squash is quite tasty to eat on its own. I have included three fun variations that turn this simple vegetable into a hearty meal.**

Basic Spaghetti Squash

1 large spaghetti squash
2 T Extra Virgin Olive Oil
Salt & Pepper

1. Preheat oven to 400°F.
2. Wash & dry squash. Cut off stem and a small amount of the flesh to make a flat surface. Stand the squash vertically and cut it into 2 equal halves lengthwise. Scrape out the seeds.
3. Add 1T olive oil to each half. Use a BBQ brush to spread the oil over the inside and the rim of the squash. Sprinkle with salt and pepper.
4. Lay upside down on a greased baking sheet. Poke each squash twice with a fork.
5. Bake uncovered for 30-35 minutes. The squash is finished when it is still slightly firm.
6. Turn it over and let it cool for 15 minutes.
7. Using a fork, scrape the squash strands lengthwise out of each half.
8. Add butter & serve.



Lasagna Spaghetti Squash

- 1 large spaghetti squash
- 4 shallots
- 1T Extra Virgin Olive Oil
- 1lb medium ground beef
- 1 can tomato sauce (680mL)
- 2 C cottage cheese
- 3 C mozzarella cheese, grated

1. Cook spaghetti squash according to the directions above.
2. Preheat oven to 400°F.
3. Dice 4 shallots. Cook in 1T extra virgin olive oil over medium-low heat until softened.
4. Add ground beef. Sauté until no longer pink. Strain, rinse and place in a large bowl.
5. Add cooked spaghetti squash, tomato sauce, cottage cheese and 2C mozzarella cheese. Mix well.
6. Transfer to a large greased casserole dish. Sprinkle with 1C mozzarella cheese.
7. Bake uncovered for 20 minutes or until dish is bubbly hot.



Garlic Shrimp Spaghetti Squash

1	large spaghetti squash
¼ C	butter
4 C	large cooked shrimp, peeled, defrosted, tails removed
4	garlic cloves, peeled and minced
1 T	Extra Virgin Olive Oil
2 jars	alfredo sauce (410mL)
1 C	freshly grated parmesan cheese
	parsley

1. Cook spaghetti squash according to the directions above. Place in a large mixing bowl.
2. Melt the butter in a large saucepan over medium heat. Add the shrimp and sauté until it is warmed though. Drain excess liquid and add to spaghetti squash.
3. Sauté the garlic in 1T extra virgin olive oil over low heat for about one minute or until it is fragrant.
4. Add the alfredo sauce to the garlic. Cover and warm up over low heat, stirring frequently. When the sauce is steamy hot, add the shrimp and spaghetti squash. Cover and stir occasionally until the dish is warmed through.
5. Sprinkle with parmesan cheese. Cover and let the dish rest for 5 minutes or until the cheese is melted.
6. Garnish with parsley.



Vegetarian “Greek Salad” Spaghetti Squash

- 1 large spaghetti squash
- 3 garlic cloves, peeled and minced
- 1T extra virgin olive oil
- 5 oz clamshell fresh spinach
- 1 C high fat cream (18%)
- 1 C feta cheese, crumbled
- 1 C cooked broccoli
- 1 C grape or cherry tomatoes, halved
- black olives, pitted, halved
- toasted pine nuts

1. Cook spaghetti squash according to the directions above.
2. Sauté the garlic in 1T extra virgin olive oil over low heat for about one minute or until it is fragrant.
3. Add the spinach and sauté for 2-3 minutes until the spinach is wilted.
4. Add the cream and simmer until warmed through. Stir often so that does not boil.
5. Add the spaghetti squash, feta cheese, broccoli, and tomatoes. Mix well.
6. Garnish with black olives and toasted pine nuts.