

Spaghetti Squash Toss

Ingredients

- 1 medium spaghetti squash (about 2 lbs)
- 1 tab. olive oil
- 3 tab. vegetable stock
- 1 medium onion, chopped finely
- 2 large carrots, chopped finely
- 1 cup fresh spinach, chopped
- 2 cloves garlic, minced
- 1 1/2 cans of diced tomato with liquid (14 oz size)
- 1 tab. fresh parsley, chopped
- 1 tab. fresh oregano , chopped
- 2 tab. fresh basil chopped
- 2 tab. fresh chives , chopped
- 6 dashes of hot sauce
- sea salt and pepper to taste
- 1/2 cup of goat cheese or feta cheese (note: Goat cheese will blend in and melt, Feta will remain in crumbles)
- Option: 1 cup of beef, pork or turkey sausage pieces

Cooking Method

1. Cut Spaghetti squash in half and prick skin in several places about 1/4" through with knife. Put upside down on paper towel in microwave and cook until you can shred with spoon. (Usually about 12 minutes for both halves--can take up to 15 minutes depending on squash)
2. In saute pan, heat olive oil and add onion, carrots, garlic and meat. Cook about 7 minutes on medium heat.
3. Add tomatoes with juice, spinach, fresh herbs, sea salt, pepper and hot sauce. Stir well and turn heat down to low. Simmer covered for about 10-12 minutes. (If you need to add a little more liquid, you can add 1/2 cup vegetable stock--usually don't have to.)
4. Take seeds out of squash. Using a spoon scrape out the insides from the rind...it will come out like strands.
5. Put into bowl and add warm vegetables and most of cheese . Toss gently with tongs . Do not stir hard or will mash.
6. Top with extra cheese and garnish with fresh basil leaves and/or parsley sprigs.

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Recipe of the Month**

