

# Roasted Spaghetti Squash

*with Chunky Marinara Sauce & Black Cerignola Olives*

Spaghetti squash is a winter-harvested variety known for its unique flesh. When cooked, the inside of the squash can be pulled apart into strands that look just like cooked spaghetti. For this recipe, we're using this special squash, black Cerignola olives and a chunky tomato marinara for a fun spin on "pasta" with less carbs and more flavor.



## Ingredients

- 6 Cremini Mushrooms
- 4 Black Cerignola Olives
- 4 Cloves Garlic
- 1 Bunch Fresh Oregano
- 1 Onion
- 1 Spaghetti Squash
- 1 14.5-Ounce Can Diced Tomatoes
- $\frac{2}{3}$  Cup Grated Parmesan Cheese
- 4 Tablespoons Butter

Makes 2 Servings  
About 565 Calories Per Serving

# Instructions



## Prepare the ingredients:

Preheat the oven to 450°F. Wash and dry the fresh produce. Cut off and discard the stems of the mushrooms, then medium dice the caps. Using the side of your knife, smash the olives, remove and discard the pits, then roughly chop the olives. Peel and mince the garlic. Pick the oregano leaves off the stems, discard the stems, then roughly chop the leaves. Peel and small dice the onion. Using a sturdy, sharp knife, carefully cut the squash in half lengthwise.



## Roast the squash:

Season the insides of the **squash halves** with salt and pepper and place, cut side down, into an oven-safe baking dish or sheet pan with sides. Drizzle the squash with olive oil, then fill the pan with ¼-inch of water. Roast 28 to 32 minutes, or until tender when pierced with a knife. Remove from the oven and set aside for 5 minutes, or until cool enough to handle.



## Make the sauce:

While the squash roasts, in a small pot, heat 2 teaspoons of olive oil on medium until hot. Add the **onion, mushrooms and garlic**, season with salt and pepper and cook, stirring occasionally, 6 to 8 minutes, or until softened and cooked through. Add the **tomatoes**, season with salt and pepper and cook, stirring occasionally, 10 to 12 minutes, until slightly reduced in volume. Remove from heat and stir in **half the oregano**. Set aside in a warm place.



## Scoop out & break apart the squash:

When the **roasted squash** is cool enough to handle, remove from the baking dish. Using a large spoon, scrape out and discard the seeds and pulp of the squash. Then, using the same spoon, gently scoop the flesh out of the squash in one, or several, large pieces and transfer to a large bowl. Using your hands, gently break apart the flesh into long thin strands. The result should resemble cooked spaghetti.



## Finish the squash:

In a large pan, melt the **butter** with **3 tablespoons of water** on medium. Add the **squash strands**, and season with salt and pepper. Cook 2 to 4 minutes, or until the water is absorbed and the squash is cooked through, stirring occasionally. Stir in **half the Parmesan cheese** and cook 30 seconds to 1 minute, or until the cheese is melted and thoroughly combined.



## Plate your dish:

Divide the spaghetti squash between 2 dishes and top with the **marinara sauce** and **olives**. Garnish with the **remaining Parmesan cheese and oregano**. Enjoy!