
SPAGHETTI SQUASH BAKE

Prep time: 45 min. Cook time: 20-25min. Total time: 1hr. 5 min.
Serves 4-6

1 medium sized spaghetti squash
2 Tbsp. butter, divided
1 Tbsp. olive oil
½ Tbsp. dried oregano
1 Tsp. dried thyme
½ Tbsp. dried basil
1 small onion, diced
2 cups (about 4-5) Roma tomatoes, diced
2 cloves garlic, minced
1 ½ cups mushrooms, sliced
1 Jalapeno pepper, seeds removed, finely diced
¼ Tsp. black pepper
½ Tsp. celery salt
½ Tsp. salt
¼ Tsp. red pepper flakes
1 ¼ Tsp. sugar
1 ½ cups mozzarella cheese, grated

Preheat oven to 400°F. Cut the spaghetti squash in half lengthwise and clean out seeds and pulp. Sprinkle with olive oil, salt and pepper. Place skin side up on a baking sheet and bake in the oven for 35-45 min until the squash is tender. While the squash is baking, prepare the sauce.

For the sauce: in a medium saucepan or skillet, over med. low heat, add 1 Tbsp. butter and herbs. Cook for 1 minute then add the onion. Sauté until the onions are transparent. Add tomatoes, garlic, mushrooms and jalapeno pepper. Stir to coat with the herbs. Add seasonings and cover. Cook for about 15 minutes. If sauce is done before squash, turn heat down to low and keep warm. Once squash is tender, using a fork, scrape the “spaghetti” out into a baking dish. Add 1 Tbsp. butter and stir to coat the squash. Add the sauce to the baking dish and stir to combine. Top with cheese and place back in the oven to bake for 20 minutes or until the top is lightly browned. Can be served as a main dish or a side dish.

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