

Spaghetti Squash Dinner

Recipe By *Estee Kafra*



Cooking and Prep:  45
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Serves:  4

Contains: 

Preference: Dairy

Difficulty: Easy

Occasion: Nine Days

Diet: Vegetarian, Gluten Free,

Low Carb, Sugar Free

Source: Family Table by

Mishpacha Magazine

Cuisines: Italian

Dinner idea in one! I'm a big fan of spaghetti squash. Its flavor is very mellow, and it takes on the taste of whatever it's cooked in. Here it stands in for spaghetti in this Italian-inspired dish. A pasta dinner without all those carbs... Love it.

Ingredients (14)

Main ingredients

- pepper, to taste
- 1/2 teaspoon sugar *(optional)*
- 1 cup shredded cheese (I like Italian blend provolone with mozzarella)
- 2 small spaghetti squash

- 1 tablespoon oil
 - 1 onion
 - 1 clove garlic, minced or 1 cube **Gefen Frozen Garlic**
 - 2 orange or red bell peppers
 - 1 zucchini
 - 2 stalks celery
 - 6 button mushrooms
 - 1 cube **Dorot Gardens Frozen Basil**
 - 1 and 2/3 cup **Tuscanini Marinara Sauce**
 - salt, to taste
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Start Cooking

Prepare the Squash

1. Preheat oven to 400 degrees Fahrenheit (200 degrees Celsius).
2. Cut spaghetti squash in half lengthwise and scoop out the seeds. Place face-down on a rimmed baking sheet and add about three tablespoons of water directly on the sheet. Let roast for 30 minutes.
3. When ready, remove from oven and discard any extra water.

Cook the Vegetables

1. Meanwhile, dice all the vegetables finely.
2. In a large pan or shallow pot or wok, heat oil and add onions. Sauté until translucent, and then add remaining vegetables.
3. Cook over medium heat, stirring occasionally to make sure the vegetables cook evenly. Cook until veggies are softening, about 10 minutes. Add the basil and marinara sauce.
- 4.

Scrape out the flesh of the baked spaghetti squash with a fork, and set aside the shells for later use. Place spaghetti flesh into the vegetable mixture and mix all together to coat. Add salt and pepper to taste. I like to add a touch of sugar to counter the acidity.

Note:

You can refrigerate these filled shells up to a day in advance. Add cheese and bake before serving.

Assemble and Bake

1. Place a few spoonfuls of the vegetable filling back into the scooped-out shells and sprinkle each one with a quarter cup of shredded cheese.
2. Return to baking sheet and place in oven again for about eight minutes or until cheese is beginning to brown. Serve and enjoy!

Credits

Photography and Styling: Estee Kafra.