

Mock Spaghetti in Marinara

Recipe By Elky Friedman



Cooking and Prep:  1
h 10 m

Serves:  6

No Allergens

Preference: Parve

Difficulty: Easy

Diet: Vegetarian, Pescetarian,
Gluten Free, Low Fat, Low
Carb, Vegan

Source: Whisk by Ami
Magazine

Craving a good bowl of mac n' cheese? Well, here you've got it without all those unnecessary carbs! This dish does take a bit more prep time, but in the end you'll have a healthful, filling, and nutritious dinner (or lunch) without the extra calories of regular pasta. Mindy W., thanks so much for this recipe. I remember those good ol' summer days in the bungalow colony when you'd sit out with us and your bowl of mock "spaghetti" for lunch. Now, we're all eating it!

Ingredients (11)

Main ingredients

- 1 spaghetti squash
- 1/2 tablespoon oil
- 1 medium onion, diced
- 1 (15-ounce) can mushrooms

- 1 (15-ounce) can [Gefen Tomato Sauce](#)
 - 2 cloves garlic, crushed or 2 cubes [Gefen Frozen Garlic](#)
 - 1 teaspoon salt
 - 1/2 teaspoon [Gefen Onion Powder](#)
 - 1/4 teaspoon black pepper
 - 2 tablespoons brown sugar (*optional*)
 - marinara sauce, store-bought or homemade (try [this recipe](#))
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Start Cooking

Prepare the Mock Spaghetti

1. Preheat oven to 375 degrees Fahrenheit.
2. Cut the spaghetti squash in half. Wrap tightly in aluminum foil. Bake until completely softened, about one hour. Let cool slightly.
3. Meanwhile, heat oil in a sauté pan over medium heat. Add onion and sauté until translucent, about seven minutes. Add mushrooms and sauté an additional three minutes. Add tomato sauce, garlic, salt, onion powder, pepper, and brown sugar. Let sauce simmer until thickened.
4. Unwrap the spaghetti squash and scoop out the seeds. Then, scoop out the flesh of the squash (which will immediately turn into a spaghetti-like consistency) onto a platter or individual plates. Pour homemade marinara sauce over and serve warm. Toss sauce with “spaghetti” before enjoying.

Variation:

For a dairy version, add half a cup light mozzarella cheese to top it off! Yum!

You can leave out the brown sugar if you're trying to steer clear of sugar completely.