

# SPAGHETTI SQUASH WITH PEPPERS, SUN DRIED TOMATOES & WHITE BEANS

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by Chef Will Gonzalez of Dish Kitchen



The vibrant clean ingredients in this recipe are the perfect canvas for our Dish Kitchen Veggie Ash.

As a sustainable food purveyor, Dish Kitchen is committed to being a zero-waste kitchen, and our house made Veggie Ash is one of the specialty items we make that helps us maximize the use of our ingredients.

How do we do it? By charring the peels, skins and ends of vegetables until they are dark and crisp, cooling them and grinding them into a fine powder. This unique seasoning has the perfect balance of sweet and smoky, and is best when used in small quantities. With just a pinch, you can create a striking flavor profile that will wow everyone at the table.

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We love this light, fresh, clean vegetarian dish. With the elimination of a “sauce” you can keep your spaghetti squash on the al dente side. We also love this dish made with fresh pasta! (We all crave it at times!) Simply cook pasta as per directions, and add to remainder of ingredients as per cooking instructions below.

# INGREDIENTS

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**Servings: 3**

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1 Spaghetti Squash, roasted

2 tablespoon Olive Oil

1/2 Onion, medium, thinly sliced

1 clove Garlic, minced

1/4 cup Red Bell Pepper, seeds removed, chopped (Roasted)  
OR sub ¼ cup frozen diced peppers

¼ c Sun-dried Tomatoes (drained and chopped)

1/2 tablespoon Fresh Rosemary, leaves

pinch Chile Flakes

pinch Dish Kitchen Veggie Ash

1 tablespoon Lemon Juice

1/2 cup Canned Cannellini Beans, drained (optional)

10 oz Spinach, leaves (optional)

1/4 cup Whole Almonds (Crushed, optional)

Ricotta Cheese (dollop per serving, optional)

# PREPARATION

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## Spaghetti Squash

Pre-heat oven to 400°F.

Cut spaghetti squash in half, lengthwise. Scoop out the seeds.

Drizzle the insides lightly with olive oil, sprinkle with salt and pepper.

Place the cut sides down on a baking sheet, poke a few holes in the skin of the squash with a fork and roast 30-40 minutes (depending on size of squash).  
NOTE: Do not exceed 40-50 minutes or squash will get too soft. We prefer it a bit more al dente!

When cool to the touch, scrape out the strands with a fork.

If using fresh pasta, cook as per directions, and set aside.



# PREPARATION

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## Vegetables & Beans

In a large skillet over medium heat, coat the pan with just enough olive oil to cover the bottom. Add onion, minced garlic, rosemary, chili flakes, and pinches of salt and pepper.

Once the onion starts to soften and brown, add the peppers and cook until they start to soften (if using frozen peppers this may take slightly longer than if using fresh peppers).

Add cannellini beans and cook a few minutes more to heat through. Add lemon juice. If including spinach, add at this time.

Once the spinach starts to wilt, begin adding the squash strands\*, the sun-dried tomatoes, and a pinch of Dish Kitchen Veggie Ash. Toss to incorporate as you add the ingredients.

Remove from heat and portion out.

If using crushed almonds, sprinkle on top of each portion.

If adding ricotta, you can add that first, and then top with almonds.

\*If using fresh pasta, add at this time.