

Roasted Spaghetti Squash Recipe

If you like spaghetti you will love my roasted spaghetti squash recipe.

1 spaghetti squash cut in half lengthwise

Olive Oil Spray

1 med onion chopped coarsely

3 cloves garlic chopped finely

1 small sweet green pepper chopped coarsely

1 small carrot chopped coarsely

A small handful of celery leaves

1 bay leaf

2 TBS Olive Oil

A small handful of fresh basil leaves chopped

1 tsp ground fennel seeds

16 oz. tomato puree OR crushed tomatoes

Preheat oven to 400 degrees Fahrenheit. Scoop out seeds, spray pan with olive oil spray and place squash face down on pan. Add ½ cup water and roast squash for 40 minutes or until tender.

Prepare the sauce. Saute onion, garlic, carrot, pepper, celery leaves until onion is translucent in the olive oil. Add remaining ingredients EXCEPT fennel and basil and bring to a boil in a covered saucepan. Simmer for 20 minutes. Shut off the heat and add the basil and fennel and let sit for 10 minutes.

When squash is done remove from oven and run under cold water until cool enough to handle. Turn it over and use a fork to scrape out the “spaghetti”. Put in a bowl add the sauce and serve with or without grated cheese. ENJOY!

