



Spaghetti Squash with Fresh Marinara

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Ingredients:

- * 1 spaghetti squash
- * 4-5 tsp olive oil
- * Salt
- * Pepper
- * 1 clove garlic, minced

Fresh Marinara

- * 1-2 cloves garlic, minced
- * 1 Tbs olive oil
- * 8-10 sauce/paste tomatoes
- * ½ tsp salt
- * ¼ tsp pepper
- * ½ tsp dried basil
- * 2 Tbs tomato paste

Directions:

Preheat oven to 350°F. Scrub the outside (skin) of the spaghetti squash well. Cut off each end. Stand upright and carefully split in half. Scrape and remove seeds. Rub the inside of the squash with olive oil, about 1 tsp per side. Sprinkle with salt and pepper. Cover a rimmed baking sheet with parchment paper, place squash open side down. Bake 45-50 minutes at 350°F. Cool slightly, then carefully scrape out strands with a fork into a bowl. Top with sauce OR add minced garlic to the squash strands, drizzle with 2-3 tsp of olive oil, and sprinkle with salt and pepper. Toss a few times and let sit for a little while before serving.

Marinara:

Seed and chop tomatoes into 1 inch cubes. In a heavy bottomed pot over medium-low heat, sauté minced garlic in olive oil. Add tomatoes, salt, pepper, and basil. Toss around and cook until the moisture starts coming out of the tomatoes and it starts to bubble a little bit. Add tomato paste and mix well. Simmer sauce until thickened, about 30 minutes. Serve over spaghetti squash, pasta, or on toasted bread like bruschetta.