

Stuffed Spaghetti Squash

Recipe Credit: Theresa Dvorak

Serves 4

Ingredients

- 1 large Spaghetti Squash
- Salt and pepper
- Dried Herbs (oregano, basil, fennel)
- 2 roasted red peppers, chopped
- 2 Cups baby Spinach, chopped
- 1 15oz can cannellini beans
- ½ Cup artichoke hearts (marinated or frozen), chopped
- ¼ Cup pitted Kalamata olives, chopped
- ¼ Cup sun-dried tomatoes, chopped
- 1 ½ Cups quality pasta sauce
- ¼ Cup shredded parmesan cheese
- Chopped basil



Instructions:

1. Preheat oven to 400°F. Line a baking sheet with parchment paper.
2. Slice squash in half, scoop out the seeds, then drizzle with olive oil and sprinkle with salt, pepper and dried herbs. For easier slicing of squash microwave whole squash for approximately 5 minutes prior to slicing. Place squash halves cut side down on the baking sheet. Bake for approximately 30 minutes until squash is fork tender and cooked through. Allow squash to cool slightly or place in airtight container and store in refrigerator until ready to use.
3. While squash is baking, combine the peppers, greens, beans, artichoke hearts, olives, and sun-dried tomatoes in a medium bowl.
4. Spread half of the pasta sauce inside the squash halves, then divide the vegetables between the halves.
5. Top with remaining sauce and parmesan cheese and bake for another 15 minutes until bubbly and heated through. This step may take longer if the squash is chilled out of the refrigerator. Either slice squash halves in half (serving 4) or scoop out squash and vegetables in a large bowl and gently toss to combine. Sprinkle with basil and serve!