

Spaghetti Squash Italian Style

Author: Chef Eric



This recipe will bring a little bit of Italy to your table and is a very pleasant recipe to accompany a large roast - perfect for a Thanksgiving dinner or any other feast!

Ingredients

A 3 pound Spaghetti squash, halved lengthwise
 Salt and pepper
 1 teaspoon dried oregano
 ¼ cup shredded fresh basil leaves, plus few leaves for garnish
 8 ounces cherry tomatoes, quartered or halved
 3 tablespoons freshly grated Parmesan, + 1 for garnish
 3 tablespoons olive oil

Preparation Time	15 min	Difficulty	Very simple
Portions	8 servings	Yield	
Country/Region			
Vegetarian	Yes		

Preparation

Wash and split the Spaghetti squash in half lengthwise. Use a spoon to scoop out all the seeds and season with salt, pepper and dried oregano. Place in a glass baking dish cut side down, pour 4 cups boiling water around it and bake at 400° F for 25 to 35 minutes, or until it is soft slightly when pressed.

In a large bowl whisk together, ¼ cup of the basil, 2 cups quartered cherry tomatoes, 3 tablespoons freshly grated Parmesan and 3 tablespoons olive oil the oil and season the mixture with salt and pepper.

While the squash is still warm, scrape it with a fork to form strands, add the strands to the tomato mixture and toss the mixture until it is combined. Transfer the mixture into one of the half squash shells. Sprinkle the remaining Parmesan over it and garnish it with the additional basil leaves.

Notes

Spaghetti squash: Also called vegetable spaghetti, this creamy-yellow, watermelon-shaped winter squash was so named because of its flesh, which, when cooked, separates into yellow-gold spaghetti like strands. Averaging from 4 to 8 pounds, Spaghetti squash is available yearround with a peak season from early Fall through Winter. Choose a squash that is hard and smooth with an even pale yellow color. Avoid greenish squash (a sign of immaturity) and those with bruised or damaged spots. Store uncut Spaghetti squash at room temperature for up to 3 weeks. After the whole squash is baked, the rather bland-tasting strands can be removed from the shell and served with sauce, like pasta. They can also be served as part of a casserole or cold as a salad ingredient.