

McDougal's Farm LLC

What's Growing On !

Recipes

Spaghetti Squash & Tomato Sauce

(makes 4 servings) From Betsy S.

1 medium spaghetti squash
1/2 cup chopped onion
2 Tbsp. olive oil or butter
3 cups chopped tomatoes
1 Tbsp. fresh basil leaves or 1 tsp. dried basil
1/2 tsp. salt
1/2 tsp. sugar
1/4 tsp. black pepper
1/2 cup grated Parmesan cheese
1/4 cup grated Romano cheese (I use all Parmesan if I don't have Romano)
1 cup sliced mushrooms
2 Tbsp. butter

Cut squash in half, crosswise, and steam in 1 or 2 inches of boiling water for about 20 minutes until soft. (You can also bake or microwave it. Pierce squash first and bake at 350 degrees for 1 to 1 1/2 hours, or wrap it in paper towels and cook 15 to 20 minutes in microwave, turning 4 times.)

Meanwhile, sauté onion in hot oil or butter until soft and transparent. Add tomatoes, basil, salt, sugar and black pepper. Cover and simmer gently for 20 minutes. Puree in a blender, food processor or food mill. Return to pan. Cook until slightly thickened. Stir in 1/4 cup of Parmesan cheese and the Romano cheese.

Sautee mushrooms in 2 Tbsp. butter.

Discard seeds from squash. Loosen the strands onto a serving platter. Spoon sauce over squash, top with mushrooms and sprinkle with remaining Parmesan cheese.