

# SPAGHETTI SQUASH + STUFFED MUSHROOMS

## *Faux Spaghetti and Meatballs*

### STUFFED MUSHROOMS WITH SPINACH

Ingredients:

- 12 medium mushrooms (about 1 1/2 lbs)
- 1 T olive oil, plus more for the baking sheet
- 2 cloves of garlic
- 3 ounces baby spinach, chopped
- kosher salt + black pepper
- 1/4 + 2T cup panko bread crumbs
- 1/2 cup Gruyère, grated

Directions:

1. Preheat your oven to 375°F. Remove the stems from the mushrooms; finely chop the stems and reserve. Coat a baking sheet with olive oil, and bake the mushroom caps, stem-side down, until just tender, 10-12 minutes.
2. Meanwhile, heat the oil in a medium skillet over medium heat. Add the garlic and chopped mushroom stems and cook, stirring, until tender, 3-5 minutes. Add the spinach, 1/4 teaspoon salt, and 1/8 teaspoon pepper and cook until wilted, 2-3 minutes more.
3. In a bowl, combine the spinach mixture with the bread crumbs and cheese. Spoon into the mushroom caps, sprinkle with a pinch more salt, and bake until golden brown, 12-15 minutes.

**TIP:** The mushroom caps can be baked and stuffed (but not baked for the second time with the stuffing) up to 2 days in advance; refrigerate covered. Bake again just before serving.



### TOMATO SAUCE WITH ONION AND BUTTER

Ingredients:

- 28 oz. can San Marzano whole peeled tomatoes
- 5 T unsalted butter
- 1 medium-sized yellow onion, peeled and halved
- salt to taste
- red pepper flakes, if feeling spicy

Directions:

1. Place the tomatoes, onion, and butter in a heavy saucepan over medium heat. Bring the sauce to a simmer and then lower the heat just to keep the sauce at a slow steady simmer for about 45 minutes, or until droplets of fat float free from the tomatoes. Stir occasionally, crushing the tomatoes against the side of the pot with a wooden spoon.
2. Remove from heat, discard the onion, add salt to taste and keep warm while you prepare the squash and mushrooms. I also blended this once it was done cooking. You can do that too if you want a smoother sauce.

### ROASTED SPAGHETTI SQUASH

Ingredients:

- 1 medium spaghetti squash
- 1 T olive oil
- salt and pepper

Directions:

3. Preheat your oven to 400°F. Line a baking sheet with foil. Cut your squash in half and scoop out the seeds and weirdness.
4. Rub all over with olive oil and sprinkle generously with salt and pepper. Roast cut-side down for 30 minutes. Flip and roast for an additional 30 minutes or until tender. When done, allow to cool for 5 minutes. With a fork, shred the meat of the squash and place in a bowl. Cover with foil to keep warm until the other meal components are done.