

SPAGHETTI SQUASH BOATS

Half of a spaghetti squash makes a fantastic meal. The trick is how to cut them. Spaghetti squash has a very tough skin. If you find your squash difficult to cut, you are not alone. Try microwaving it whole for 2 minutes to soften the skin for easier slicing.

Ingredients

1 Spaghetti squash

2 cups Compliant Lentil Bolognese ( link)

Method:

1. Slice off both ends of the spaghetti squash with a chef’s knife to create a stable surface. Then position the squash upright and halve lengthwise, from top to bottom.
2. Scoop out the seeds and connective tissue with a spoon and discard.
3. Place the squash halves cut side down on a baking sheet lined with parchment paper.
4. Roast in a 400 degrees F oven until fork-tender, about 25 minutes.
5. Once the squash is cool enough to handle, use the tines of a fork to loosen and separate the strands of squash from the skin. Put the strands in a separate bowl.
6. Add the Lentil Bolognese to the bowl and stir to mix.
7. Put the squash noodle mixture back into the squash shell and bake for about 10 minutes to heat through. (or) Put the squash boat in the microwave for 3 minutes to heat through.

\*Note – Squash keeps well in the fridge. So, if you are only eating half today, wrap the remaining half in the parchment paper you used to roast with and store in a big Ziploc bag or casserole dish with a lid.