



Spaghetti Squash with Spinach Tomato Sauce

Yield: Serves 4

Total Time: 45 minutes

Ingredients:

- 1 Spaghetti Squash
- 1 - 28 ounce Can of Tomato Puree
- 1 -28 ounce Can of Water
- 4 Cups of Spinach
- 1 Yellow Onion
- 4 Garlic
- 2 teaspoons of Cumin
- 2 teaspoons of Paprika
- 2 teaspoons of Oregano
- 2 teaspoons of Coarse Kosher Salt
- Olive Oil

Equipment Needed:

- Measuring Spoon
- Measuring Cup
- Fine Strainer
- Large Sauté Pan
- Baking Dish (Cookie Sheet is fine)
- Serving Dishes
- Large Knife
- Cutting Board
- Can Opener
- Spatula
- Fork

Prep & Directions:

Spaghetti Squash

- Preheat the oven to 400 degrees Fahrenheit
- Get the spaghetti squash, cutting board, and knife, then slice the spaghetti squash in half-length wise
- After the spaghetti is sliced in half remove all the seeds and discard
- Get a baking sheet and drizzle a little bit of olive oil onto the sheet
- Drizzle a little olive oil onto the inside of the spaghetti squash and place the spaghetti squash onto the baking sheet with the skin facing out
- Place the spaghetti squash into the preheated oven and set the timer for 35 minutes
- Check your spaghetti squash at 35 minutes to see if it is cooked
- Take the spaghetti squash out of the oven and turn the spaghetti squash over and use a fork to lift the spaghetti apart and taste- it should be soft and not al dente
- If the spaghetti squash is not fully cooked place back in the oven for another 10 minutes at 400 degrees Fahrenheit until cooked

Spinach Tomato Sauce

- Get the cutting board and finely dice 1 yellow onion and set aside
- Peel 4 pieces of garlic and finely dice the garlic and set aside



- Get a large sauté pan and put it on the stove and turn the gas/electric knob to a high setting
- Drizzle a little olive oil onto the sauté pan and pour the diced onion and garlic and sauté using a spatula until golden brown
- Get your measuring cup and get 4 cups of spinach and rinse under cool water
- After the onion and garlic are golden brown then add the 4 cups of spinach onto the sauté pan
- Gently sauté the spinach, onion, garlic and sprinkle a dash or two of coarse kosher salt
- Get a can opener and open the can of tomato puree and pour into the sauté pan
- Using the same tomato can pour cold water into the can and then pour into the sauté pan
- Gently stir the spinach, tomato puree, onion, garlic sauce and reduce the heat to a low setting
- Add 2 teaspoons of cumin, 2 teaspoons of paprika, 3 teaspoons of oregano, 2 teaspoons of coarse kosher salt to the sauce in the sauté pan
- Gently stir all the ingredients in the sauté pan until cooked

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- Once the spaghetti squash is cooked, get a fork and swirl the spaghetti squash in a circle motion to get a small serving and place on your serving plate, repeat this process until you have 3 small spaghetti squash swirls on the serving plate
- Get a spoon and pour the cooked spaghetti sauce on the serving dish and pour a little bit of sauce with spinach on top of the spaghetti squash, repeat this process until each spaghetti squash swirl has sauce with spinach on top
- Get a fork and eat

*****Feel free to add more ingredients and season to suit your taste buds*****