

# Spaghetti Squash

## With Sun-dried Tomato Sauce and Goat Cheese

Sauce adapted from Giada de Laurentiis recipe

**Cooking Time:** 35 minutes

**Yield:** 4-6 servings

### Ingredients

2 medium sized spaghetti squash, halved and seeds removed

1 (10 oz) jarred sun-dried tomatoes packed in oil, chopped, oil reserved 3 tablespoons

1 medium onion, chopped

6 garlic cloves, minced

1 teaspoon oregano or thyme, finely chopped

$\frac{3}{4}$  cup dry white wine

$\frac{1}{4}$  cup tomato paste

1 (15 oz) can tomato sauce

1 cup water

4-6 oz soft fresh goat cheese, crumbled

3 tablespoons fresh parsley, chopped

### Instructions

1. Preheat the oven to 440 degrees F.
2. Cut the spaghetti squash in half lengthwise. Using a spoon, scoop out the seeds and place the squash on a sheet pan. Lightly drizzle the inside with olive oil, a pinch of salt and pepper. Flip to cut side down and carefully stab the skin of each squash with a fork. Place the squash halves in the oven for 30-35 minutes until a fork inserts easily into the flesh of the squash. You want the squash

noodle strands to be al dente, with a little bite but not complete without out texture and mushy. Once out of the oven, use a fork to gently scrap the squash into noodle strands.

3. While the squash is roasting, make the tomato sauce. In a large skillet, pour the oil from the jarred sun-dried tomatoes into the pan and set to medium heat. Add the onions and sauté for 5 minutes until translucent and soft. Stir in the garlic and herbs and sauté until fragrant, about 1 minute.
4. Add the tomato paste and cook, stirring constantly for 2 minutes. Then add the tomato sauce, wine, chopped sun-dried tomatoes, and 1 cup of water. Stir and simmer for 3-4 minutes until wine and water have reduced a bit.
5. Spoon the sauce over the spaghetti squash and top with crumbled goat cheese and parsley. Dive in and enjoy!