

Herbal Legacy Recipes

Succulent Spaghetti Squash with Mushroom Marinara Sauce

Spaghetti Squash

DIRECTIONS for a 2 ½ to 3 lbs. Spaghetti Squash

1. Wash, halve lengthwise, and remove seeds.
2. Place squash halves, cut sides down, in a baking dish. Bake in a 350 degree oven for 30-40 minutes or until tender.
3. Let cool enough to handle then scrape the spaghetti-like squash strands into a serving bowl.

Mushroom Marinara Sauce

INGREDIENTS:

- 1 large onion chopped
- 1 large green bell pepper chopped
- 1 Cup chopped celery
- ½ Cup chopped portabella or Baby Bella mushrooms
- 3-4 large chopped tomatoes
- 2-3 Tbs. Extra Virgin Olive Oil
- 1/3 – 2/3 Cup tomato paste
- 2 tsp. fresh basil finely chopped
- 2 tsp. fresh oregano finely chopped
- 1 tsp. fresh thyme finely chopped
- Sea Salt and pepper to taste
- 2-3 cloves garlic crushed



DIRECTIONS:

1. Lightly sauté onion, bell pepper, celery and mushrooms in olive oil (or 2 Tbs. Water if you prefer to not heat your olive oil) until tender.
2. Stir in tomatoes, tomato paste and basil, oregano and thyme. Add up to 1/3 cup distilled water until sauce reaches desired consistency. Gently simmer for 10-15 minutes stirring occasionally. Add raw garlic just before serving and sprinkle with nutritional yeast flakes. Serve over cooked spaghetti squash “noodles”. Drizzle with extra virgin olive oil.

VARIATIONS:

- Add a 3-4 dashes of cayenne pepper for “Fiery Mushroom Marinara Sauce”
- In place of the Marinara sauce, use “A Pesto for all Seasons”
- Serve marinara over a baked potato instead of squash.
- Can’t find spaghetti squash? Grate 4-5 cups of zucchini and lightly steam.

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