



Spaghetti Squash Spaghetti

NIBBLEDISH CONTRIBUTOR

Ingredients

- 1 large spaghetti squash
- Salt and Pepper
- Spaghetti sauce
- 1 garlic clove minced
- 1 onion diced
- Fresh diced tomatoes or canned diced tomatoes
- 1/2 pound ground beef/diced chicken/edamame
- Italian seasoning
- *Mild pepperocinis*
- Chicken or veggie or beef stock
- Mozzarella cheese and Parmesan cheese

Instructions

I'd like to give a special thanks to my brother for thinking of serving this dish just in the squash and using the squash as a bowl. :D It's my favorite! It's a vegetable that makes noodles! :D

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- - Cut squash length wise and scoop out the seeds. Salt and pepper squash and wrap in plastic wrap.
 - Place in the microwave and cook for 10-15 minutes or until soft.
 - Meanwhile brown meat in the skillet with onions and garlic. Strain off fat. Of if not using meat just saute onions and garlic
 - Add stock, spaghetti sauce, and tomatoes. Bring to a boil then lower the heat.
 - Simmer until everything is cooked all the way through.
 - Add seasoning and pepperocinis. You can omit the peppers I just think they put the final touch on spaghetti sauce.
 - Once spaghetti squash is softened rake the squash with a fork. Until all of the "meat" of the squash is separated and looks like noodles. :)
 - Pour sauce over the squash and top with cheese.
 - Broil until cheese is melted and bubbly.