



## Spaghetti Squash Puttanesca

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Makes 4 portions

### **Ingredients:**

1 each	Spaghetti Squash – cut in half, seeds removed
½ oz.	Olive Oil
To Taste	Salt and Pepper
2 each	Anchovies – chopped fine
2 each	Garlic, clove – minced
2 cup	Cherry Tomatoes – cut in half
1 pint	Shiitake Mushrooms – sliced
¼ cup	Kalamata Olives – chopped
1 tbsp.	Capers – drained
½ tsp.	Crushed Red Pepper Flakes
3 tbsp.	Olive Oil
¼ cup	Walnuts
¼ cup	Basil – fresh, chopped
¼ cup	Parsley – fresh, chopped

### **Directions:**

Heat oven to 375 degrees. Coat a sheet pan with oil, season inside of squash with salt and pepper. Place squash open side down on the sheet pan.

Place squash in oven and roast for about 30 minutes.

In a bowl, combine the anchovies, garlic, cherry tomatoes, mushrooms, olives, capers, red pepper flakes and 2 tbsp. of oil – toss to mix well. Place on the sheet pan with the squash and continue to cook for about 15 minutes (until the squash is fork tender).

Toast the walnut pieces.

Remove the squash from the oven, pull the strands of squash from the shell – place in a bowl.

Add the tomato mixture, 1 tbsp. olive oil, walnuts, basil and parsley – toss to blend.

Taste and season with salt and pepper.