

Baked Spaghetti Squash

Wholesome Homemade Vegan Food

By Madison Margaret



Spaghetti squashes are ready for harvest around August-October. They are packed with nutrients and fiber. Spaghetti squash supports healthy digestion, healthy weight and cholesterol management, and helps to regulate blood sugar. They are a low-glycemic food & have an ample amount of B vitamins -which helps support the metabolism. They also contain a great amount of vitamins C & A which help promote good oral health. Overall they are an amazing, seasonal food choice & a great substitute for regular pasta.

Ingredients:

1 spaghetti squash
1 pack of cherry or grape tomatoes
1 bulb of garlic
1/2 block of Miyoko's mozzarella cheese
Oregano
Avocado oil
Salt and pepper
Vegan grated parmesan cheese

Prepare time: 15 minutes

Cook time: 35-40 minutes

Start by preheating the oven to 400 degrees.

Rinse off your veggies, then dry them. Set out a wooden cutting board and a knife that is sharp but not too big. Be sure your spaghetti squash is dry and if so, carefully cut the squash into two halves (refer to picture above). After you cut the squash, with a large spoon clean out the seeds and loose guts. You should be left with two halves, they will have a hollow center. Spray the inside of the squash with avocado oil, add oregano, salt and pepper, and bake with the insides facing down, for 15 minutes on a tray.

While the squash starts to bake, chop up your garlic. You can choose how much garlic you want to add, and how chunky or minced you want the garlic to be. After the squash bakes for 15 minutes, add the chopped garlic and the cherry/grape tomatoes into the hollow centers of the squash. Bake for another 15 minutes but now facing up.

While that continues to bake, get out your vegan cheeses. Chop 1/2 of a block of vegan mozzarella, into bite sized amounts. Once the squash has cooked with the garlic and tomatoes for 15 minutes, add the mozzarella cheese on top of each half. Cook for an additional 5-10 minutes. By this point your house will be smelling like Tuscany!

Once the cheese is melted you can turn off your oven, and set your squashes aside to cool off. I tend to season a little bit more, and I always am sure to add some grated vegan parmesan cheese on top. Once your squashes start to cool a bit, you can go ahead and mix up the spaghetti squash with all of its contents. Using a fork is the best method, as it will help break apart the squash strands and crush the tomatoes. Be sure to scrape the sides of the squash so you do not miss any. Also, be sure to taste before you serve -sometimes you may have to add more seasonings especially if you are handling a larger squash. Enjoy as a main course or even as a side; either way this dish is filling, comforting, and extremely nourishing. I got 4 large servings out of mine. **Enjoy!**