



Spaghetti Squash with Tomatoes & Roast Garlic

2 servings

1-2 ½ lb spaghetti squash

Celtic sea salt and freshly ground black pepper

4 plum tomatoes cut in half (I used full sized tomatoes instead because they were local)

1 head garlic (the purple striped is best)

2 Tb olive oil for garlic

2 Tb extra-virgin olive oil for spaghetti squash

¼ cup basil cut into ribbons or 1 Tb fresh rosemary (choose which flavor you like)

- Preheat the oven to 375°F.
- Cut the spaghetti squash in half lengthwise, scoop out the seeds and sprinkle with salt. Place the squash, cut side down in a baking dish and add about 1/4 inch of water. Tent with foil and bake until the squash is tender when pierced with a sharp knife, about 45 to 50 minutes
- While the squash is cooking, cut the whole head of garlic in half to expose the flesh. Basically, you want to expose the garlic enough so that it's easy to get out once it's roasted. Set the garlic on some

aluminum foil. Drizzle the garlic with olive oil. You want to get the oil to seep down between the cloves. Wrap it up in the aluminum foil and crimp so it is sealed

- Put the garlic into your preheated degree oven. Roast for 30-45 minutes. Start checking the garlic after 25 minutes you don't want it to burn. Your roast garlic is done when it's lightly browned, and soft throughout.
- Next, put tomatoes into a roasting pan cut side down. Cover with foil and roast 20 -30 minutes until tender. Put into a blender, let cool a little before blending.
- When the garlic is done, remove each clove with a sharp paring knife, or squeeze the whole head until the cloves pop out.
- Blend the cooked tomatoes. Pour into a sauté pan. Simmer until thick. Add all the roast garlic, salt, pepper and basil.
- Once the squash is tender, use a fork to rake the strands of flesh out of the skin and into a strainer. Let sit about 5 minutes to drain the liquid from the squash, you can even squeeze it a little.
- Put squash into a bowl. Add the 2 Tb of olive oil, and season lightly with salt and pepper, toss.
- Add half the tomato sauce, toss to combine and transfer to a serving dish.
- Top with remaining tomato sauce. Garnish with a sprig of basil or rosemary.

