

Sassy Spaghetti Squash with Oven-Roasted Garlic

Ingredients:

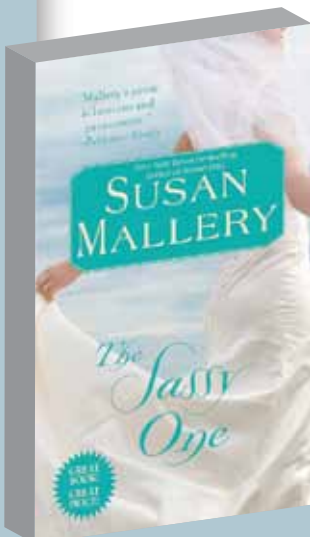
- 1 Spaghetti squash
- 2 Whole heads of garlic
- 1 T. + 2t Olive oil
- 1 T. Butter
- Salt & pepper to taste

Procedure:

Microwave the spaghetti squash for 2-3 minutes to soften the skin, to make it a little easier to cut. Cut it in half and scoop out the seeds. You can discard the seeds or roast them with oil and salt for 20 minutes at 350.

Preheat the oven to 375. Place each head of garlic on a square of aluminum foil and brush with 1 teaspoon of olive oil. Wrap the foil loosely around each head of garlic. Place the squash cut-side down in a shallow roasting pan with half a cup of water. Put the garlic and squash in the oven at the same time. You can also put split chicken breasts with bone in at the same time, sprinkled with salt and pepper or with lemon pepper.

Roast the squash for 45 minutes, then remove from pan and allow to cool for five minutes. At this point, the squash will still be quite warm, so be careful as you scrape out the flesh with a fork into spaghetti-shaped ribbons. When the garlic has been in the oven for 50 minutes, remove it and squeeze the cloves onto a cutting board. Chop into chunks. Heat 1T olive oil in a large saute pan until the oil is warm. Add the garlic. Saute for 30 seconds, then add the squash and butter, tossing to coat. Add salt and pepper. Serve warm. By the time you're done with the squash, the chicken breasts will be done.



Brought to you by NYT bestselling author Susan Mallery
The Sassy One, book 2 of the Marcelli Family series