



Trend – Plant Based Dinners

Saucy Pizzetta Spaghetti Squash

One dish dinner with a nutritious vegetable twist

Spaghetti Squash Crust:

1-3/4 to 2 cups cooked well-drained spaghetti squash strands

1 egg, lightly beaten

1 teaspoon (each) onion powder; garlic powder

1/2 teaspoon (each) sea salt; ground black pepper

1/8 teaspoon red pepper flaked if desired

Pizzetta:

1/2 cup minced ham, optional

1/4 cup minced green peppers

1 cup Italian tomato sauce, warmed

2 to 3 medium fresh tomatoes; sliced thick

1/8 teaspoon ground black pepper

1 cup coarse chopped fresh spinach
1 small mandarin orange, peeled, segments halved
2 to 3 Tablespoons chopped red onions

Garnish: Fresh basil sprig

Serve with: Drizzles white balsamic vinegar; fresh basil leaves, nutritious yeast as desired

Cooking Spaghetti Squash in Microwave Oven:

See Separate Instructions

Well Drain Squash “Noodles” Layer the strands on paper towels to remove as much liquid as possible from the squash strands or using paper towels, squeeze as much water as possible from squash strands. Place well drained squash “noodles” in medium sized bowl. There should be about 1-3/4 to 2 cups drained squash “noodles.”

Before Baking: Preheat oven to 400 degrees F. Grease parchment lined 12-inch pizza or use greased nonstick pizza pan

Prepare Squash Noodle Crust: In a small bowl, whisk egg, onion powder, garlic powder, salt, pepper, or red pepper if desired. Pour over well drained squash strands; stir to combine. Spread squash “spaghetti” evenly over 12 inches well-greased pizza pan, pressing into thin crust with slight thicker edges. Bake in 400-degree F preheated oven for 25 minutes or golden brown. It will be a softer crust rather than a crispy crust.

Add Toppings: Remove squash crust from oven; scatter ham and bell pepper pieces over the crust; spread evenly with reserved warm tomato sauce. Top with fresh tomato slices. Season tomatoes with black pepper. Bake in 400-degree F oven for 8 to 10 minutes or sauce is hot. Remove from oven; cool 10 minutes.

Add Fresh Toppings: Spoon chopped spinach and chopped oranges around the edge of pizzettes. Sprinkle with diced red onions and fresh basil sprig. If desired, sprinkle tomatoes with drizzles of white balsamic vinegar and garnish as desired with basil leaves or nutritious yeast

Yield: one 12-inch Soft Crusted Pizzetta Serves: about 4

Cook’s Note: Use this [Italian Tomato Sauce Recipe](#) or Substitute. Premade Italian Tomato Sauce

1 teaspoon (each) fennel seeds; Italian seasoning
1/8 to 1/4 teaspoon ground black pepper
1 cup organic tomato sauce

Directions: In microwave safe bowl, stir fennel seeds and Italian seeds into tomato sauce; season with black pepper to taste. Cook in microwave oven on high power for 1 minute or until warm. Set aside to stay warm.

About the Recipe: It's a new healthy twist for an Italian flavor favorite. Farm fresh tomatoes and Italian tomato sauce top ham, sweet peppers, and a soft spaghetti squash crust. Garnish with chopped fresh spinach, halved orange segments, minced red onions, and a sprinkle of white Balsamic vinegar.

How to Microwave Spaghetti Squash: Use 1 small spaghetti squash
Cutting Spaghetti Squash in Half: If the spaghetti squash is too hard to cut in half, soften it by using a paring knife or fork to pierce around the squash multiple times, creating vents that allow steam to escape while cooking. Place squash in microwave safe baking dish; microwave for about 5 minutes on high power. Test to check the consistency by piercing it with a fork or knife. Let it cool until it can be handled. Cut squash lengthwise into two halves. Remove the seeds.

Microwave Spaghetti Squash: Fill microwave baking dish with about 1/2-inch water; place squash inside halves down in baking dish. Microwave on high power for 5 minutes. Check squash by poking with a fork through the skin. It is tender when it easily slides into the squash. Continue microwaving on high power for 3 minutes or squash is tender. Let cool.

Remove Squash Strands: With a fork, scrape squash strands from the inside. You will have about 3 to 4 cups spaghetti squash "noodles."