



Allotment Gardening In North Essex -- At Home In The Kitchen

Spaghetti Squash with Bacon

Ingredients: 2 portions

1 spaghetti squash
2tsp. olive oil
1 sliced onion
1 sliced red or green pepper
1 clove garlic
50g 2oz cheddar or Mozzarella
cheese
salt and pepper
1 tin tomatoes chopped
1/2 tsp. oregano
200g 8oz of bacon

Note:

Spaghetti squash can be used as a replacement to spaghetti especially if you are a person who likes to watch their figure.

You can find any pasta sauce recipe, and replace the pasta with spaghetti squash.

Method:

1. Cut squash in half lengthwise
2. remove seeds with a dessert spoon
3. place squash cut side down on the microwave base dish
4. microwave on full for 8min.
5. turn over so cut side faces up and microwave for a further 8 min.
6. allow to stand for 5min
7. meanwhile shred the peppers and onion
8. fry off in a pan until soft
9. add the cut bacon and fry for a few minutes
10. add tomatoes garlic and seasonings and simmer gently for a few minutes
11. fork out the cooked flesh from the squash into a bowl
12. add squash to the cooked mixture and heat through
13. spoon into the squash cases
14. add cheese to the top
15. back in a hot oven or grill until brown
16. serve

Note:

I microwave the squash, but there are other methods of cooking it.

- Bake-- Pierce the whole shell several times with a large fork or skewer and place in baking dish. Cook squash in preheated 200c oven approximately 1 hour or until flesh is tender.

- Boil -- Heat a pot of water large enough to hold the whole squash. When the water is boiling, drop in the squash and cook for 20 to 30 minutes, depending on its size. When a fork goes easily into the flesh, the squash is done.

- Microwave -- Cut squash in half lengthwise; remove seeds. Place squash cut sides up in a microwave dish with 1/4 cup water. Cover with plastic wrap and cook on high for 10 to 12 minutes, depending on size of squash. Add more cooking time if necessary. Let stand covered, for 5 minutes. With fork "comb" out the strands.