Spaghetti Squash With Tomato Sauce (Instead Of Pasta)

Spaghetti squash is perfect when craving pasta but don't want all those unhealthy carbs. It goes so well with a chunky tomato sauce and is surprisingly filling.

Categories

Gluten-free
Yields: 2 servings
Preparation time: 10 mins
Cooking time: 20 mins
Category: Entrees
Complexity: Simple
Vegan experience: Absolute beginner
Preparation style: Cooked

Ingredients

Spaghetti squash	4 cup
Spaghetti sauce, store bought	1.5 cup
Mushrooms, cooked from fresh	2 cup
Green peas, cooked from frozen	1 cup
Parmesan style grated cheese alternative	2 x 2 tsp

Instructions

1. Cut a medium to large spaghetti squash into quarters. Do not peel. Place in a steamer, boil or bake until cooked (if steaming around 20 minutes). If using the oven, cut squash in half, put about 1 inch of water at bottom of baking pan and place the cut squash open side down. Keep an eye on the water as it bakes.

2. Slice mushrooms (cremini, white or portabella) and set aside. Feel free to add other veggies to the sauce. I use primavera spaghetti sauce which already has some veggies in it.

3. Heat a large cast iron skillet on the stove top. Add about 1/4 cup water. Sauté mushrooms in water until soft. Add more water if needed.

4. Add about 1/2 a jar of spaghetti sauce to the cooked mushrooms. Stir. Add frozen peas. Cook until peas are done and sauce is warm, on low-med heat.

5. When squash is done remove from pot or oven and let cool a few minutes. Then use a fork to peel and separate the squash from the peel.

6. Top with spaghetti sauce and some vegan parmesan cheese.