



## Spaghetti Squash

*Fall's warm sunny days and cool evenings leave us feeling happy. The season brings a fresh staple of delicious vegetables from our organic farm, Tres Estrellas. Spaghetti squash has all the fun of pasta with fewer carbohydrates and no gluten.*

*It's excellent as an al dente pasta substitute with a tomato sauce or simply prepared with a splash of oil, a dash of salt, and a little garlic for a lite lunch.*

Serves 6

### INGREDIENTS:

- 1 medium spaghetti squash (look for a firm one)
- Salt & Pepper
- 1 medium garlic clove, peeled and micro-planed or finely chopped
- Orange or lemon zest
- Olive oil, about 3 tablespoons
- 1 tablespoon thyme sliced thin
- 2 twigs of parsley sliced thin
- 2 strands of tarragon sliced thin

### METHOD:

1. Preheat oven to 350F.
2. Cut medium sized spaghetti squash in half length wise.
3. Scoop out the seeds.
4. Sprinkle each side with a pinch of sea salt.
5. Give each side a twist from a pepper mill.
6. Add micro-planed or finely chopped garlic.
7. Drizzle about a tablespoon on each side.
8. Shave a little orange zest into each half.
9. Massage the spices and oil around insides.
10. Place squash face down on parchment paper or baking mat-lined sheet pan.
11. Bake at 350°F for about 40 minutes or until fork-soft on the inside.
12. Remove from oven and let it cool for a few minutes.
13. Use a fork and scrape the sides forming stringy pulp into a serving bowl.
14. Add another pinch of sea salt.
15. Drizzle with a tablespoon of olive oil.
16. Add the fresh herbs.
17. Lightly toss and serve.

*¡Buen Provecho!*