

Vegan Spaghetti Squash Marinara



From the kitchen of:

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 Part of the Haven Life family since August, 2019



You'll need:

2 whole spaghetti squash or 4 halves

Garlic olive oil or other herb infused olive oil

Fresh basil

Fresh oregano

Trader Joe's 21 seasonings mix

Black pepper

Garlic powder

1 (16) ounce jar of your favorite marinara sauce

1 can of diced tomatoes

1 French baguette

Vegan butter

Garlic salt

Dried parsley

How it's done:

Preheat the oven to 415 degrees F (adjust if your oven runs hot).

Cut squash in half, put flat sides up on a baking sheet.

Brush flat side of squash with olive oil and season with fresh basil, oregano, and Trader Joe's seasonings.

Roast in the oven for 45-50 minutes.

Gather a saucepan and put in the marinara sauce, add garlic powder, black pepper, fresh basil, and oregano. Season to taste. Don't be shy with your spices. Bring everything to a slight boil on medium heat, then simmer on low and stir occasionally for 35 minutes.

When the squash is done set it on the counter to cool while you make the garlic bread

Cut your baguette in half the long way and place on a baking sheet.

Spread the vegan butter on both halves generously. Sprinkle it with garlic salt (not too heavy), garlic powder, and the dried parsley.

Put it under the broiler for 5-8 minutes, watch it closely. Take it out and place it aside. Now, back to your squash.

Using a metal fork, shred the inside of the cooled-down squash into noodles.

You can combine with the sauce, but Dorothy's family usually plates it as the squash noodles first, then a scoop of sauce with a piece of garlic bread on the side.

Finish it off with some fresh herbs for presentation, and *bon appetit!*

