

Everyday Healthy! Everyday Delicious!

From the Kitchen of Janice Feuer Haugen

Spaghetti Squash with Sautéed Vegetables, Kalamata Olives & Feta

Spaghetti Squash is a mild-tasting vegetable. By preparing it with Mediterranean ingredients, it becomes full flavored and perfect either as a meal in itself or as a side vegetable.

Yield: 4-6 servings

- 1 4-pound spaghetti squash, halved lengthwise and seeded
- 2 tablespoons olive oil
- 1 onion, thinly sliced
- 2 cloves garlic, minced or pressed with a garlic press
- 2 cups zucchini, quartered lengthwise and sliced 1/4-inch thick
- 2 cups diced fresh tomatoes
- 2 rounded tablespoons [pesto](#) or 1/4 cup thinly sliced fresh basil
- 1/3 cup quartered, pitted kalamata olives
- 2 ounces feta cheese, diced or crumbled
- Sea salt and freshly ground pepper to taste

Preheat the oven to 350 degrees. Line a baking pan with parchment paper and lightly spray it with olive oil. Place the spaghetti squash cut side down on the baking sheet and bake 35-50 minutes or until a fork can be inserted easily into the squash. (Note: the fresher the spaghetti squash the shorter will be the baking time.) Remove from the oven and set aside until cool enough to handle.

While the spaghetti squash is cooling, put the olive oil in a large sauté pan over medium-high heat. Add the onions and cook until they are tender and golden. Add the diced zucchini and garlic and a bit of salt and pepper to taste. When the zucchini is just tender, stir in the diced tomatoes. After a minute, stir in the pesto if using it, and then the kalamata olives.

While the vegetables are cooking, use a fork to gently pull the strands of squash away from the peel creating long strands of vegetable spaghetti. Add the squash along with the feta cheese (and the fresh basil, if you are using it) to the pan. Toss to combine everything, adjusting the salt and pepper to taste and serve.

