

Healthy Recipe of the Week



Use organic ingredients whenever possible!

Jeweled Spaghetti Squash

Adapted from Better Homes & Gardens December 2006

8 servings

- 1 3 to 3 1/2 lb. spaghetti squash**
- 1/2 cup orange juice**
- 3/4 cup dried tart cherries (look for ones not sweetened with sugar)**
- 2 Tbsp. butter**
- 1/2 cup chopped raw walnuts**
- 1/2 cup snipped fresh Italian (flat-leaf) parsley**
- 1/2 tsp. salt**
- 1/8 tsp. ground black pepper**

- 1. Preheat oven to 400 degrees. With a fork, pierce the spaghetti squash all over. Place on a baking sheet; bake turning squash once, until easily pierced with the tip of a paring knife, 60 to 90 minutes. Halve squash crosswise; scoop out seeds. Working over a medium bowl, use a fork to gently scrape flesh in a circular motion to release strands.**
- 2. In saucepan bring orange juice to boiling. Remove from heat. Add cherries; let stand 10 minutes. In skillet cook nuts in hot butter over medium heat 2 to 3 minutes or until toasted, stirring occasionally.**
- 3. Add cherries and juice, toasted walnuts, parsley, salt and pepper to squash pulp. Toss to coat. Serve warm.**

Tip: Bake the spaghetti squash ahead of time and give it some time to cool before scraping out the pulp.