

Baked Spaghetti Squash with Creamy Roasted Red Pepper Sauce

GLUTEN-FREE + SOY-FREE + VEGAN



Tested and Approved by 86lemons.com

<http://86lemons.com/spaghetti-squash-with-red-pepper-sauce>

Original (non-vegan) Recipe Source:

Two Peas & Their Pod

<http://www.twopeasandtheirpod.com/baked-spaghetti-squash-with-creamy-roasted-red-pepper-sauce>

Recipe was taken from original source and altered slightly by 86 Lemons to make it vegan.

YIELDS:

4 to 6 servings

INGREDIENTS:

FOR THE SPAGHETTI SQUASH:

- 2 medium spaghetti squash
- 2 Tbsp. extra-virgin olive oil
- salt and pepper, to taste

FOR THE CREAMY ROASTED RED PEPPER SAUCE:

- 1 cup raw cashews
- 2 red bell peppers
- 1 Tbsp. olive oil
- 1 small onion, chopped
- 2 cloves garlic, minced
- 1 (15 oz.) can diced tomatoes
- 1 tsp. dried oregano
- 1/8 tsp. red pepper flakes (1/4 tsp. if you like it spicier)
- juice of one lemon
- 1 cup fresh basil leaves
- 1 tsp. salt
- 1/2 tsp. freshly ground black pepper
- additional basil, chopped, for garnish (optional)

STEP 1:

Place raw cashews in a medium bowl and add enough hot water to cover the cashews by about an inch or so. Set aside to soak while preparing the squash.

STEP 2:

Preheat oven to 400°F. Cut off the top of each squash just below the stem. Cut each squash in half lengthwise. Use a spoon to scoop out seeds. Brush cut sides of squash with oil, sprinkle with salt and pepper to taste. Place squash, cut sides down, on a rimmed baking sheet. Bake until tender, about 45 minutes.

STEP 3:

While the squash is baking, make the sauce.

Original recipe instructions:

Roast red peppers over gas flame, under the broiler, or on the grill. Roast for about 10 minutes, or until peppers are completely black. Place peppers in a paper bag to allow to sweat. Peel the charred skins from the peppers and remove the seeds. Chop the peppers and set aside.

What I did:

Cut off top off each pepper, remove core/seeds and cut peppers into wide strips. Bake in toaster oven at 400°F until tender and slightly charred. Rotate slices as needed for even heat distribution. (I did not remove skins.)

STEP 4:

In a large saucepan, heat olive oil over medium heat. Add onion; sauté until softened, about 3 minutes. Stir in garlic; cook for 2 minutes. Add diced tomatoes, oregano, red pepper flakes, salt and pepper. Simmer for 10 minutes.

STEP 5:

Drain cashews. In a high-powered blender (such as Vitamix), add ingredients in this order: lemon juice, basil leaves, tomato mixture (careful not to burn yourself!), roasted peppers, cashews. Blend until smooth. Taste; season with additional salt/pepper if needed.

STEP 6:

When squash is done baking, allow to cool for a few minutes (until cool enough to handle). Scrape inside of squash with a fork to remove flesh in long strands. Place in a large bowl or on individual plates. Top spaghetti squash with the creamy roasted red pepper sauce, garnish with chopped basil and serve warm.