

Idiot's Kitchen Shopping List – Spaghetti Squash with Puttanesca Sauce

Recipe from www.idiotskitchen.com



- 1 large Spaghetti Squash
- 5-6 cloves Garlic, minced
- ½ medium Onion, finely chopped
- 2 Tablespoons Olive Oil
- 1 tin Flat Anchovies (about 8-10 fillets), drained and chopped
- ½ teaspoon (or more) Red Pepper Flakes
- 1 (28 ounce) can Diced Tomatoes
- 1 Tablespoon Tomato Paste
- 1 Tablespoon Sugar
- 1 cup Pitted Calamata Olives, roughly chopped
- 2 Tablespoons Capers, drained
- Parsley (optional for a garnish)