

# *Idiot's Kitchen Recipe – Spaghetti Squash with Puttanesca Sauce*

Recipe from [www.idiotskitchen.com](http://www.idiotskitchen.com)



Ingredients:

1 large Spaghetti Squash

For the Puttanesca Sauce:

2 Tablespoons Olive Oil

5-6 cloves Garlic, minced

1 tin Flat Anchovies (about 8-10 fillets), drained and chopped

½ teaspoon (or more) Red Pepper Flakes

½ medium Onion, finely chopped

1 (28 ounce) can Diced Tomatoes

1 Tablespoon Sugar

1 Tablespoon Tomato Paste

1 cup Pitted Calamata Olives, roughly chopped

2 Tablespoons Capers, drained

Preheat the oven to 375 degrees.

For the squash: Cut the stem end off of the spaghetti squash and then carefully cut the squash vertically in half. Use a large spoon to scrape away the seeds and inner membranes. Bake the squash, cut side down, on a large baking sheet for 45 minutes to an hour or until very soft and tender when poked through the skin with a sharp knife.

For the sauce: Add 2 Tablespoons Olive Oil, 5-6 cloves minced garlic, the roughly chopped anchovies, and ½ teaspoon red pepper flakes to a large COLD pan. Do not preheat the pan. Bring all of the ingredients up to heat together over medium high heat so that the ingredients infuse the oil and do not burn. Use the back of a wooden spoon to smash up the anchovies into the oil.

Once the oil starts to sizzle (this only takes about a minute) add the chopped onion. Cook the onion for 5 minutes until tender and golden but not browned. Add the diced tomatoes and their juices and cook for 10 minutes. If the sauce starts to dry out, put a lid on the pan to save the juices.

After the tomatoes have cooked for 10 minutes, season the sauce with 1 Tablespoon of sugar. Stir in 1 Tablespoon of tomato paste to bring the juices together. Add the chopped olives and drained capers and stir to combine.

Scrape with a fork horizontally across the cooked squash to create long spaghetti like strands. Top with the sauce.  
Serves 4.