



## Twice-Baked Spaghetti Squash

Gaggenau Appliance: Combi Microwave Oven  
 Heating Modes: Microwave/Convection +  
 Microwave Speed Mode  
 Preparation Time: 15 minutes  
 Cooking Time: 30 minutes  
 Makes: 2 - 4 servings

A delicious combination of low-carb squash combined with sautéed spinach and baked with tomato sauce and cheese, comes together quickly when cooked in the Speed mode.

1 small to medium spaghetti squash, 2 - 3 lbs (1 - 1.5 kg)  
 2 tbsp (30 mL) olive oil  
 1 medium yellow onion, thinly sliced  
 3 cloves garlic, minced  
 ½ tsp mixed Italian seasoning  
 1 5 oz (140 g) bag baby spinach  
 1 cup (250 mL) tomato or marinara sauce  
 1 cup (113 g) shredded mozzarella cheese  
 ½ cup (70 g) grated Parmesan cheese

Tip: This recipe easily adapts to using a variety of different ingredients such as kale or chard or cooking some sausage with the sautéed onions and garlic.

### Cook the squash:

Carefully cut the squash in half lengthwise, scoop out the seeds and stringy flesh and discard. Place the squash halves, cut side down in a microwave safe baking dish and add 1 cup of water. Place the dish on the floor of the microwave, covering the squash completely with a microwave cover. Cook the squash for 15 minutes at 1000 watts until fork tender.

### Cook the stuffing:

Meanwhile, heat a medium sized sauté pan over moderate heat, when hot add the oil and sauté the onions for 3 - 4 minutes. Stir in the garlic and Italian seasoning, cook for 1 - 2 minutes then stir in the tomato sauce and bring to a gentle simmer. Stir in the spinach and cook over moderate heat until wilted.

### Stuffing and baking the squash:

When the squash has cooked until fork tender, remove it from the oven and rake the flesh with a fork to pull it away from the peel and combine the squash with the spinach mixture, taste and add salt and pepper. Place the squash halves on the glass oven tray or in an oven-safe baking dish and top with the mozzarella and Parmesan cheese.

Select the Convection mode with the left control knob, leaving the temperature at the default setting of 360°F. When the oven comes to temperature, place the squash in the oven on rack position 2 counting up from the bottom and close the door.

Touch the + Microwave symbol and turn the right control knob counterclockwise to select 360W/ Set the timer to 15 minutes with the right control knob and touch Play to start.