

Tempeh Spaghetti Squash Puttanesca

Prep time:

10minutes

Cooking time:

50 minutes

Yields:

6-8 servings

Ingredients

- 1 large spaghetti squash (3 1/2–4 pounds)
- 1 package plain Tempeh, crumbled
- ½ T Olive oil, divided
- ½ Medium onion, chopped
- 1 Large clove garlic (½ T)
- 7 Kalamata olives, chopped
- 2 T Capers
- 1/4 tsp. Crushed red pepper
- 1 can diced tomatoes in juice
- 1 can tomato sauce
- Fresh parsley and/or oregano, chopped

Instructions

Position rack in center of oven and preheat to 375°F. Halve squash lengthwise and scoop out seeds. Season inside of squash with salt and pepper. Coat baking sheet with cooking spray; lay halves cut side down on sheet and bake 30 minutes.

Meanwhile, heat olive oil over medium heat and sauté onions until translucent. Add tempeh, season with salt and pepper and cook until slightly brown. Add garlic, olives, capers and red pepper. Cook an additional minute or until garlic becomes very fragrant then stir in tomatoes and sauce. Lower heat and simmer for another 10 minutes. Taste the sauce and add additional pepper to your liking.

Remove squash from oven. Scrape squash crosswise to pull strands from shells into a medium bowl; discard shells. Add spaghetti squash and herbs to your tempeh puttanesca and mix thoroughly. Serve and enjoy.

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