

Caramelized Fennel Spaghetti Squash



When cooked, spaghetti squash produces noodle-like strands. This low-calorie, flavorful side dish features deeply caramelized fennel and onions along with bright lemon and rich parmesan.

YIELD 9 SERVINGS	PREP TIME 15 MIN	TOTAL TIME 50 MIN
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INGREDIENTS

1 each	Spaghetti Squash (about 1 pound)
1 Tbsp	Olive or Canola Oil, <u>divided</u>
½ tsp	Kosher Salt, <u>divided</u>
2 each	Fennel Bulb, thinly sliced
1 each	Onion, thinly sliced
4 cloves	Garlic, minced
1 each	Lemon, zested and juiced
To Taste	Black Pepper, freshly ground
¼ cup	Parsley, chopped
⅓ cup	Parmesan Cheese, grated

CHEF'S NOTES

Fennel has an anise or licorice flavor when eaten raw but develops a mild sweetness when caramelized. If you buy a bulb that has the fronds (leafy tops) attached, chop some to add a touch of anise flavor to the finished dish.

Other ideas for adding to sautéed spaghetti squash using the same technique for a tasty side:

- Roasted cherry tomatoes, kale, and feta cheese
- Mixed mushrooms, spinach and parmesan cheese

DIRECTIONS

1. Gather all necessary equipment and ingredients. Preheat oven to 400°F. Line a sheet tray with parchment paper or foil.
2. Cut the spaghetti squash in half lengthwise. Using a spoon, scoop out the seeds and loose pulp.
3. Place the squash on the prepared sheet tray and rub the inside with 1 tsp of the oil and sprinkle ¼ tsp of the salt. Roast, cut side down, for about 30 minutes or until tender when pierced with a knife. Remove from the oven and allow to cool.
5. While the squash is roasting, heat a large sauté pan over medium heat and add 1 tsp of oil once hot. Add the sliced fennel, sautéing until translucent, about 3-5 minutes.
6. Add the remaining 1 tsp of oil and the onion and sauté over medium-low heat until golden brown and caramelized, about 20 minutes.
7. Add the garlic and cook until fragrant, about 30 seconds to 1 minute more.
8. Once the squash is cool enough to handle, remove the strands by shredding with a fork in the same direction as the strands. Add the shredded squash and stir to incorporate. Add the lemon zest and juice, stirring to loosen any browned bits from the bottom of the pan.
9. Add freshly cracked black pepper to taste and sprinkle with the chopped parsley and parmesan before serving.

Nutrition Facts

9 servings per container

Serving Size 1/2 cup (189 g)

Amount per serving

Calories 80

% Daily Value *

Total Fat 2.5g 3%

Saturated Fat 0.5g 3%

Trans Fat 0g

Cholesterol less than 5mg 0%

Sodium 200mg 9%

Total Carbohydrate 13g 5%

Dietary Fiber 3g 12%

Total Sugars 6g

Includes 0g Added Sugars 0%

Protein 2g 5%

Vitamin D 0.01mcg 0%

Calcium 90mg 7%

Iron 0.93mg 5%

Potassium 400mg 8%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

