



Spaghetti Squash with Pomodoro Sauce

Ingredients

- 1 spaghetti squash
- 2 garlic cloves, minced
- 1 small onion, finely chopped
- 1 teaspoon [Fustini's Garlic olive oil](#)
- 1 teaspoon [Persian Lime olive oil](#)
- 3 tablespoons tomato paste
- 1/2 pound fresh plum tomatoes, roughly chopped
- 1 teaspoon [Fustini's Thyme balsamic](#)
- 1 teaspoon dried oregano
- 1 teaspoon dried basil
- 1/2 teaspoon red pepper flakes
- fresh basil for garnish

Directions

Step 1.

Preheat oven to 375 degrees. Halve squash lengthwise and scoop out seeds. Coat a baking sheet with cooking spray; lay squash halves, flesh side down on baking sheet. Bake 35 minutes or until shell can be easily pierced.

Step 2.

Sauté garlic and onion in Fustini's Garlic olive oil and Persian Lime olive oil over medium heat for 5 minutes. Add tomato paste, tomatoes, vinegar, oregano, basil and pepper flakes. Cook, stirring occasionally 30 minutes. Lower heat if sauce begins to boil.

Step 3.

Remove squash from the oven. Scrape crosswise to pull strands from the shell. Place squash in a nonmetal serving bowl. Pour sauce over top and garnish with fresh basil.