

# Tim Farmer's Country Kitchen

## **SPAGHETTI SQUASH (2 WAYS)**

*1 spaghetti squash  
Olive oil  
Salt, pepper and garlic  
powder*

Cut off ends (top and bottom) of squash so it sits flat. Cut down the center to make two halves. Scoop out seeds and stringy insides. Brush with olive oil and season with seasonings. Place face down (skin side up) on parchment paper on cookie sheet. Bake 375 degrees for 1 hour. Remove and cool. Use fork to shred into “noodles”.



### **Marinara Sauce**

1/2 onion, chopped  
2-3 cloves garlic  
1/2 shallot, chopped  
1 tablespoon pesto  
Dash dried oregano  
1 pint tomatoes  
1 tablespoon tomato paste  
Dash of sugar (to cut acid)  
Parmesan cheese

Cook onions, shallots and garlic in olive oil until tender. Deglaze pan with ¼ cup red wine. Stir in basil pesto and dried oregano. Add tomatoes, paste and sugar and reduce heat to simmer until all combined. Ladle into spaghetti squash, top with parmesan cheese and place under broiler until melted.

### **Cheesy Spinach and Bacon Sauce**

4-5 strips of bacon  
½ onion, chopped  
1 bag of spinach  
Salt, pepper and garlic powder  
2-3 tablespoons ricotta cheese  
Parmesan cheese

Cook bacon until crisp and drain on paper towel. Add onion and spinach to bacon grease and cook until tender. Season with seasonings and stir in ricotta. Crumble bacon in sauce and serve with spaghetti squash. Ladle into spaghetti squash, top with parmesan cheese and place under broiler until melted.