

Baked Fresh Herb Spaghetti Squash



1 spaghetti squash (about 2 1/2 pounds)
1T. butter
1T. extra virgin olive oil
2T. + 1t. chopped mixed herbs of thyme, parsley, sage and chives
1t. salt
½ t. freshly ground black pepper

Preheat the oven to 350 degrees.

Using a sharp knife, cut the squash in half lengthwise and place, cut side down, in a baking dish. Add enough water to come 1/2-inch up the sides of the baking dish and cover with aluminum foil. Bake for 45 minutes, until the squash is easily pierced with a paring knife.

Turn squash over and cover with foil again and continue to cook another 15 minutes, until the squash is very tender.

Remove from the oven, uncover, and allow to cool slightly. Using a spoon, remove the seeds and discard. Using a fork, gently pull the strands of squash away from the peel and place the squash strands into a mixing bowl.

Heat a skillet. Add the olive oil, spaghetti squash, herbs, salt and pepper and toss thoroughly but gently to heat and combine. After squash is warmed add in the butter and toss again. Serve immediately or cover and keep warm until ready to serve. Do not hold for more than ½ hour because the squash will begin to become mushy.

Serves about 4 people



Butter Beans with Kale

2 16oz. cans of butter beans (lightly rinsed and drained)
¼ c. julienne red onions
¾ c. large diced tomatoes
2 c. rough chopped kale
Juice of one lemon
1 T. chopped fresh dill
3 T. extra virgin olive oil
Salt and pepper to taste



You need to steam the pieces of kale off for about 5 minutes, and then remove from heat, and chill down so they stop cooking with cold water. Reserve for service.

In a bowl mix the juice of one lemon and whisk in 2 T. of olive oil and the fresh dill to make a light vinaigrette. Reserve for service.

Heat a non-stick sauté pan over medium heat, when hot, add 1 T. olive oil and sauté red onion for about 2 minutes.

Add kale and butter beans and continue to sauté for additional 4 minutes.

Add tomatoes and sauté for 1 minute then remove from heat and add in reserved vinaigrette. Toss to coat, taste and season as needed with salt and pepper. Serve right away.

Serves 4-6 people

