



 **77%**
HEALTH SCORE

Spicy Roasted Tomato Marinara with Spaghetti Squash

 **Gluten Free**  **Very Healthy**

READY IN



145 min.

SERVINGS



4

CALORIES



740 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 5 to 6 flat anchovy filets
- 3 leaves basil torn fresh
- 2 carrots sliced
- 2 ribs celery sliced
- 4 cups chicken stock see
- 1 holland chile sliced chopped
- 1 handful flat-leaf parsley fresh finely chopped

- 2 bay leaves fresh
- 3 cloves garlic sliced chopped
- 1 cloves several garlic crushed
- 1 rind of lemon peeled
- 2 small sprigs marjoram fresh finely chopped
- 3 tablespoons olive oil extra-virgin for drizzling
- 4 servings olive oil extra-virgin for liberal drizzling
- 1 onion quartered
- 1 large rind from a hunk of parmigiano-reggiano cheese trimmed
- 4 servings parmigiano-reggiano cheese shredded for serving
- 24 large plum tomatoes organic ripe
- 4 servings salt and pepper black freshly ground
- 2 medium spaghetti squash
- 1 onion sweet thinly sliced chopped
- 1 sprigs herb bundle of several each thyme fresh
- 2 tablespoons tomato paste
- 3 quarts water
- 0.5 cup white wine dry red

Equipment

- bowl
- baking sheet
- oven
- pot
- sieve
- aluminum foil
- slotted spoon

Directions

- Watch how to make this recipe.
- Place the cheese rind, herb bundle, onion, celery, carrots, lemon rind, bay leaves, chicken stock, and water into a pot and bring to a bubble, then reduce the heat to a simmer. Simmer at least 1 hour, and then remove the rind, herb bundle, and vegetables with a slotted spoon or strainer.;
- Heat the oven to 500 degrees F.
- Arrange the tomatoes on a baking sheet or baking sheets in a single layer. Scatter the garlic among the tomatoes, dress with extra-virgin olive oil to coat and season with salt and pepper. Roast the tomatoes until they burst and skins split and begin to char, about 30 minutes. Cool the tomatoes until cool enough to handle and peel.
- Place the tomatoes in a bowl.
- Heat the extra-virgin olive oil in a medium pot over medium heat.
- Add the anchovies and stir until they melt into the oil.
- Add the sliced onions, chile, garlic, marjoram, and cover and cook to soften the onions, 10 to 15 minutes or until very sweet and soft.
- Add the tomato paste and stir 1 minute, then add the wine and stir a minute more. Stir in the prepared stock, prepared roasted tomatoes, parsley, and basil and simmer over medium heat 10 to 15 minutes more to combine flavors. Cool and store the sauce for a make-ahead meal.
- On the night you serve this meal heat the oven to 450 degrees F and cover a baking sheet with foil. Split the squash in half and scoop out the seeds, then season with salt and pepper and place cut-side down on baking sheet or sheets. Roast the squash 45 to 60 minutes, until very tender. Once the squash has been roasting 30 minutes, reheat the sauce over medium heat to a bubble, then reduce the heat to low and keep it warm. Turn the roasted squash over and shred each half with a fork turning the flesh into what looks like a yellow boat filled with spaghetti, drizzle the hot squash with a little extra-virgin olive oil and adjust the seasoning, top with lots of marinara and garnish with shredded cheese.
- Serve each "boat" on a platter and eat the squash and sauce right from the skin of the squash.

Nutrition Facts



PROTEIN 14% **FAT 46.69%** **CARBS 39.31%**

Properties

Glycemic Index:143.46, Glycemic Load:7.03, Inflammation Score:-10, Nutrition Score:45.67217404946%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 2.64mg, Naringenin: 2.64mg, Naringenin: 2.64mg, Naringenin: 2.64mg Apigenin: 3.56mg, Apigenin: 3.56mg, Apigenin: 3.56mg, Apigenin: 3.56mg Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 1.61mg, Kaempferol: 1.61mg, Kaempferol: 1.61mg, Kaempferol: 1.61mg Myricetin: 1.7mg, Myricetin: 1.7mg, Myricetin: 1.7mg, Myricetin: 1.7mg Quercetin: 19.97mg, Quercetin: 19.97mg, Quercetin: 19.97mg, Quercetin: 19.97mg

Nutrients (% of daily need)

Calories: 739.6kcal (36.98%), Fat: 39.26g (60.41%), Saturated Fat: 9.9g (61.87%), Carbohydrates: 74.39g (24.8%), Net Carbohydrates: 59.45g (21.62%), Sugar: 36.14g (40.16%), Cholesterol: 30.77mg (10.26%), Sodium: 1081.58mg (47.03%), Alcohol: 3.09g (100%), Alcohol %: 0.19% (100%), Protein: 26.5g (53%), Vitamin A: 9491.83IU (189.84%), Vitamin C: 93.12mg (112.87%), Vitamin K: 86.65µg (82.53%), Manganese: 1.36mg (67.89%), Vitamin B6: 1.3mg (64.83%), Vitamin B3: 12.35mg (61.75%), Potassium: 2155.43mg (61.58%), Calcium: 602.46mg (60.25%), Fiber: 14.94g (59.74%), Phosphorus: 499.58mg (49.96%), Vitamin E: 7.05mg (47.01%), Folate: 172.25µg (43.06%), Copper: 0.8mg (40.05%), Magnesium: 158.45mg (39.61%), Vitamin B1: 0.51mg (33.9%), Vitamin B2: 0.56mg (33.06%), Iron: 4.63mg (25.71%), Vitamin B5: 2.56mg (25.65%), Selenium: 16.98µg (24.25%), Zinc: 3.31mg (22.05%), Vitamin B12: 0.39µg (6.57%), Vitamin D: 0.15µg (1.01%)