



RENEWAL  
Garden & Compost

CSA:

Spaghetti Squash	Onion
Romaine Lettuce	Celery
Tomato(es)	Carrot(s)

# Spaghetti Squash Bolognese



Skip croutons to make gluten free!

## SHOPPING LIST:

Ground beef or turkey  
Garlic  
Parmesan Cheese  
Caesar Dressing  
Croutons  
Italian Seasoning  
Salt and Pepper (S&P)



## RECIPE:

### Step 1: Prepare ingredients

Preheat oven to 400°F. Trim and dice onion, celery, carrots, and tomato(es). Trim and roughly chop romaine lettuce. Halve and de-seed the spaghetti squash.

### Step 2: Cook Spaghetti Squash

Season squash with a light oil rub, salt, and pepper. Place cut-side down on a parchment-lined baking tray. Bake for 35-50mins until tender—depending on the size of your squash.

### Step 3: Cook Bolognese

Heat oil in a large skillet over medium heat. Add onion, celery, carrots, S&P. Cook until just tender. Add garlic, stir, then add meat and cook until brown. Add tomatoes & italian seasoning; cook until reduced.

### Step 4: Make Caesar Salad, Finish Squash

Combine romaine, Parmesan cheese, croutons, and Caesar dressing in a bowl. Use a fork to fluff squash into "Spaghetti."

### Step 5: Plate & Serve

Place spaghetti squash on a plate (with or without the skin). Top with Bolognese and Parmesan cheese. Serve Caesar salad on the side.

### Helpful Tips:

*More tomatoes = more of a sauce will naturally be created with your meat.*  
*Use mixed greens or kale instead of romaine—any greens work in a Caesar!*

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