

SPAGHETTI WITH A TWIST



Submitted by Isaac Karachepone at Stanford Health Care, California

SERVES 8 • PORTION 3 OUNCES

INGREDIENTS

Spaghetti squash

- 3 lbs. spaghetti squash
- 2 oz. olive oil
- .045 oz. nutmeg, grated
- 16 oz. sun-dried tomato sauce (recipe not listed)

Supergrain and lentil bites

- 8 oz. quinoa
- 8 oz. wild rice
- 8 oz. couscous
- 4 oz. green lentils
- 4 oz. oats
- 8 oz. mushrooms
- 2 oz. onion
- 2 oz. leeks
- 4 oz. red beets
- 2 oz. bread crumbs
- 1 oz. parsley
- 1 oz. oregano
- .05 oz. paprika
- 2 eggs
- 3 oz. parmesan cheese
- 2 oz. olive oil
- salt and pepper to taste

PREPARATION

- 1. Spaghetti squash** After slicing and removing seeds, brush squash with olive oil and season. Bake for 30 min. at 400° until light brown and tender. Cool. Scrape with fork, and fluff strands from squash. Heat in saute pan with oil. Finish with grated nutmeg.
- 2. Supergrain and lentil bites** Cook all grains, lentils and beets separately until tender. Drain well and cool. Cook sliced mushroom, chopped onions, and leeks over medium heat with 1 oz. of olive oil. Cool. Chop herbs and combine with all of the cooked and cooled ingredients, eggs, breadcrumbs, and seasonings in a food processor. Blend until smooth. Save 1.5 oz. shaved parmesan for garnish. Form into 2 oz. balls. Pan seer in 1 oz. olive oil and finish in the oven before service.
- 3. Plating** Fluff the 3 oz. of spaghetti squash and plate along the top inside rim of bowl. Toss super grain and lentil bites in the sun-dried tomato sauce to coat, and arrange 3 balls in the middle of the bowl. Garnish with chopped fresh parsley and shaved parmesan.

