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## **SOUTHWEST STYLE SPAGHETTI SQUASH**

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- 1 (2 1/2 - 3 1/2 lb.) spaghetti squash
- 1 c. chopped red and or green sweet pepper
- 1/4 c. chopped onion
- 1/4 c. chicken broth
- 2-4 tbsp. snipped fresh cilantro or 2-4 tsp. dried cilantro, crushed
- 1 tbsp. olive or cooking oil
- 1 tbsp. balsamic vinegar or cider vinegar
- 1 clove garlic, minced
- 1/4 tsp. salt
- 1/4 tsp. ground cumin
- 1/2 c. sliced pitted ripe olives
- 1/3 c. coarsely chopped peanuts

Halve squash; discard seeds. Place, cut side down, in a 12" x 7 1/2" x 2" microwave safe baking dish. Add 2 tablespoons water to dish. Cover with vented microwave safe plastic wrap. Microwave on 100% power (high) for 15 to 20 minutes (low wattage oven, 20 to 25 minutes) or until tender, rearranging once. Drain; set aside.

In a 2 quart microwave safe casserole combine next 9 ingredients. Cook, covered on high for 3 to 4 minutes or just until tender, stirring once.

Use a fork to shred and separate squash pulp into strands, reserving shells. In the casserole toss squash pulp, pepper mixture and olives until coated. Cook, covered on high for 2 to 3 minutes or until heated through. Transfer into squash shells. Sprinkle with peanuts.

Makes 6 to 8 servings.