

Spaghetti Squash with Creamy Goat Cheese Sauce

Sara's Weeknight Meals, Season 10, episode 1005

October 26, 2021

Start to finish: 1 hour (30 active)

Servings: 4 to 6

1 ½ pounds zucchini

¾ teaspoon kosher salt

One 3-1/2-pound spaghetti squash

1 ½ cups sliced onion

2 tablespoons extra-virgin olive oil

2 cups vegetable broth

2 tablespoons finely chopped fresh sage, plus sage sprigs for garnish

4 ounces fresh goat cheese, crumbled

1 ounce grated Parmigiano-Reggiano, plus extra for garnish

1/3 cup toasted pine nuts

Coarsely grate the zucchini, preferably using the grating disk of a food processor, toss it in a colander with the salt and let it drain for 20 minutes.

Prick the spaghetti squash in 3 or 4 places with a skewer and microwave on high for 5 minutes. Cut in half crosswise and microwave for 5 minutes. Scrape out and discard the seeds and microwave again for 5 minutes or until the strands of squash are easy to scrape out.

Meanwhile, in a large skillet cook the onion in the oil over medium heat, stirring occasionally, until golden, about 8 minutes. Working with one handful at a time, squeeze the zucchini tightly to get rid of excess moisture. Add the squeezed zucchini to the onion and cook over medium heat, stirring for 3 minutes. Transfer to a bowl and reserve the skillet.

Let the spaghetti squash stand until it is cool enough to handle, then scoop out all the strands (you should end up with about 4 ½ cups). Add the vegetable broth, the sage and the goat cheese to the skillet and bring to a boil, whisking. Add the spaghetti squash strands, cover and simmer 5 minutes or until the squash is tender. If the sauce seems too watery, simmer uncovered, for several minutes or until the sauce has reduced. Add the zucchini mixture, the Parmigiano-Reggiano and salt and pepper to taste and cook 1 minute or until heated through. Transfer to bowls and top each portion with a sprinkling of Parmigiano-Reggiano, some of the nuts and a sprig of sage.