

[Spicy Spaghetti Squash with Shrimp](#)

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Active Time: 25 minutes

Total Time: 35 minutes

Serve 4

Ingredients

1 large (3 ¼-lb.) spaghetti squash, cut in half lengthwise, seeded, and cut into half-moons

¼ cup olive oil, divided

1 ½ pounds medium-size peeled, deveined raw shrimp

1 ½ teaspoons kosher salt, divided

½ teaspoon black pepper, divided

1 cup chopped yellow onion (from 1 medium onion)

4 garlic cloves, finely chopped (4 tsp.)

3 anchovy fillets, finely chopped

½ teaspoon crushed red pepper

⅓ cup dry white wine

1 (28-oz.) can crushed San Marzano plum tomatoes

¼ cup heavy whipping cream

2 ounces pecorino Romano cheese, grated (about ½ cup), divided

¼ cup small fresh basil leaves

1. Preheat oven to 450°F. Place squash on a large baking sheet, and toss with 2 tablespoons of the oil. Bake until squash starts to brown and strands separate from peel when pulled with a fork, 15 to 20 minutes. Remove squash strands from peel, and set aside in a large bowl. Discard peel.
2. While squash bakes, season shrimp with ½ teaspoon of the salt and ¼ teaspoon of the black pepper. Heat remaining 2 tablespoons oil in a large high-sided skillet over medium-high. Add shrimp. Cook, turning once, until opaque and starting to crisp on both sides, about 1 to 2 minutes per side. Remove to a plate; set aside. Add onion to skillet. Cook, stirring occasionally, until onion starts to soften, about 5 minutes. Add garlic, anchovies, and crushed red pepper. Cook, stirring constantly, until fragrant, about 1 minute. Add wine, stirring and scraping bottom of pan to release browned bits. Cook, stirring occasionally, until wine has almost fully reduced, about 1 to 2 minutes. Add crushed tomatoes and remaining 1 teaspoon salt and ¼ teaspoon black pepper. Cook, stirring occasionally, until sauce starts to thicken, about 5 minutes. Remove from heat; stir in cream, shrimp, and ¼ cup of the grated cheese.
3. Divide spaghetti squash evenly among 4 bowls, and top with shrimp mixture. Sprinkle each bowl with 1 tablespoon each of basil leaves and remaining grated cheese. Serve immediately.