



Wickham Farms CSA

Spaghetti Squash with Apples & Maple-Glazed Pecans

Ingredients - Squash

- 1 spaghetti squash (about 3 lbs.)
- 4 Tbsp. extra virgin olive oil
- 1 Tbsp. plus 1 tsp. apple cider vinegar
- 1/4 tsp. kosher salt
- 2 medium apples; cored and cut into 1/2-inch cubes
- 1/2 cup maple-glazed pecans (recipe below)
- 2 oz. dried cranberries
- 3 green onions (white and green parts); thinly sliced



Ingredients - Maple-Glazed Pecans

- 2 cups pecans
- 1/2 cup maple syrup (we prefer dark amber syrup from Wickham Farms)
- 1/8 tsp. salt

Method

1. Cut off the stem of the spaghetti squash, then cut in half lengthwise or widthwise. Put the squash (cut-side down) on a baking sheet sprayed with cooking spray.
2. Bake the squash at 375 degrees Fahrenheit for one hour (or until tender when pierced with a knife). Before handling, let the squash stand for 10 minutes.
3. While the squash is cooking, make the maple-glazed pecans by adding the pecans, maple syrup and salt to a skillet preheated to medium-high heat. Cook, stirring frequently, until syrup is caramelized and nuts are toasted (about 3 minutes).
4. Scrape out the seeds and fibers from the inside of the cooled squash. Using a fork, twist out strands of the spaghetti squash flesh and place in a large bowl. Cover and chill.
5. In a small bowl, whisk together olive oil, vinegar, and salt. Pour mixture into the spaghetti squash and toss.
6. Add maple-glazed pecans, apples, dried cranberries, and green onions; stir well.