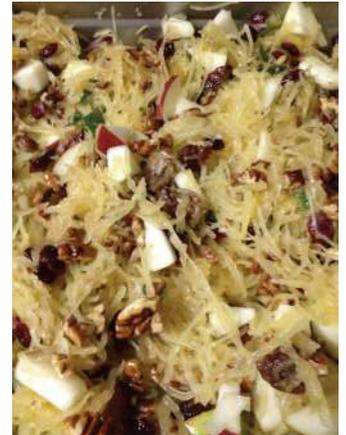




Spaghetti Squash with Apples & Toasted Pecans

- 1 (3 lb.) spaghetti squash
- 4 tbsp extra virgin olive oil
- 1 tbsp plus 1 tsp apple cider vinegar
- 1/4 tsp kosher salt
- 2 medium apples, cut into 1/2-inch cubes (we used Macintosh; Galas also would work well). Tip: toss in pineapple juice to keep from browning; drain before mixing with other ingredients.
- 1/2 cup maple glazed pecans (recipe below)
- 2 ounces dried cranberries
- 3 green onions (white & green parts), thinly sliced



1. Cook your squash.
Method 1, Microwave: Using a large, sharp knife, pierce a spaghetti squash in several places. Place the spaghetti squash in a glass baking dish and cook in the microwave on high for about 10-15 minutes, turning the squash halfway through cooking.
Method 2, Bake: Cut off the stem, then cut in half lengthwise or widthwise. Put on a baking sheet, sprayed with cooking spray, cut side down. Bake at 375 for 1 hour or until tender when pierced with a knife.
2. Before handling, let the squash stand for 10 minutes. Cut it in half lengthwise and scrape out the seeds and fibers. Using a fork, twist out strands of the spaghetti squash flesh and place in a large bowl. Cover and chill.
3. While squash is cooking, make maple glazed pecans, below.
4. In a small bowl, whisk together olive oil, vinegar and salt. Pour into the spaghetti squash and toss.
5. Add pecans, apples, dried cranberries and green onions and stir well (You may want to hold some of each back for garnish.)

Maple glazed pecans:

- 2 cups pecans
- 1/2 cup maple syrup (we used dark amber syrup from Wickham Farms)
- 1/8 teaspoon salt

Preheat a dry skillet over a medium-high heat. Add the walnuts, maple syrup and salt. Cook, stirring frequently, until syrup is caramelized and nuts are toasted, about 3 minutes. Let cool.