



## Poblano Spaghetti Squash “Mac” and Cheese

(aka Mac and Cheese for Grown-Ups)

*2014 has been the year of spaghetti squash and poblano peppers! Here's a way to use both.*

*This was adapted from a recipe on the local Macaroni Kid website:*

*<http://pittsford.macaronikid.com/>. Meg Brunson, the owner, is a CSA member!*

1 spaghetti squash  
2 poblano peppers  
2 teaspoons olive oil  
1 onion, cut into thick slices  
½ cup sour cream  
½ cup cottage cheese  
1 cup sharp or extra-sharp cheddar cheese, shredded – divided use – you may want to add more for topping  
1/2 cup pepper jack cheese, shredded  
1 egg  
1 teaspoon salt  
1/2 teaspoon pepper  
Melted butter or cooking spray

Heat the oven to 400°F. Cut the squash in half lengthwise and scrape out the seeds. Place the squash halves cut-side down on a baking sheet sprayed with cooking spray (or lined with foil). Rub whole poblanos and onion slices with olive oil, sprinkle liberally with salt & pepper, and place on a separate baking sheet sprayed with cooking spray (or lined with foil).

Put both pans in the oven. You'll need to turn the poblanos with tongs a few times. Take the poblanos and onions out first, after about 30 minutes – the poblanos should be charred and the onions should be charred on the edges. Transfer poblanos to bowl, cover, and let steam 15 minutes. Rub off skins, remove seeds and chop. Chop the onions as well. Put poblanos and onions into a large bowl.

Take the spaghetti squash out of the oven when the squash is tender when pierced with a knife, after about 45 minutes, remove from oven. Let cool about 10 minutes, then scrape out the strands of the spaghetti squash into the bowl with the poblanos and onions. Mix gently.

In food processor or blender combine sour cream, cottage cheese, half of the cheddar cheese, all of the pepper jack cheese and the salt and pepper. Blend until smooth. Pour over spaghetti squash mixture. Mix thoroughly with a spoon.

Grease a 13 by 9-inch baking dish. Pour the spaghetti squash mixture into the dish. Top with remaining cheddar cheese.

Turn oven to 350. Bake for 20-30 minutes until set, the cheese is melted, and it is heated through.