

Vegetarian Spaghetti Squash

Easy, Delicious Vegetarian (Vegan) Dish!

Ingredients:

- Atomic Mushrooms or Hearty-Chokes
- 1 Medium Spaghetti Squash

Directions: Cut squash in half lengthwise to make two bowls. Scoop out seeds, fill each half with Atomic Mushrooms or Hearty-Chokes, liquid and all, along with a little olive oil if you like to guild the lily! We like a few dashes of hot pepper sauce in ours. Cover halves with foil and place in a baking dish so they won't tip. Bake in 350 oven 45 - 50 minutes, or until tender and done. Guiltless glee!

Wine tip: Dry Rosé, and light white with little or no wood.