

Three Sister Spaghetti Squash with Bacon, Spinach and Parmesan Cheese

SERVES 2

Gluten-free recipe by Angela Litchfield

INGREDIENTS

- 1 medium spaghetti squash
- 1 tablespoon olive oil
- kosher salt and freshly ground pepper
- 6 slices bacon, cut in 1-inch pieces
- 1 tablespoon red wine vinegar
- 1 tablespoon maple syrup
- 1 5-ounce bag baby spinach
- 2 tablespoons parmesan cheese



INSTRUCTIONS

1. Preheat oven to 400°F. Line baking sheet with parchment paper.
2. Cut about half an inch off of the top and bottom of spaghetti squash. Discard these pieces. Cut squash crosswise into rings about 1-inch thick. Run knife around the inside of rings to cut out seeds. Drizzle olive oil over baking sheet. Spread squash rings over sheet, moving them around a little to coat the undersides evenly with oil. Season with salt and pepper. Flip rings over and season again.
3. Roast in preheated oven until the squash is tender, about 30 minutes. When the squash is done, set aside while you cook the bacon and spinach. It'll be easier to handle if you let squash cool for 10 minutes before taking it apart.
4. Heat a large skillet over medium heat. Add bacon. Cook stirring often, until the very edges of the bacon start to brown slightly, about 2 minutes. Turn heat to low and continue to cook until the bacon is crispy and fat rendered out, about 5 more minutes.
5. When bacon is done, turn up heat up to medium. Add red wine vinegar while stirring and scraping the bottom of the skillet. (This will deglaze your pan, so that all of the caramelized bits of bacon end up in your food and not stuck to the bottom of your pan.) After about 20 seconds, turn the heat back down to low and add maple syrup. Stir everything together just to combine. Add spinach, one handful at a time, stirring after every addition so that the spinach wilts and there's room in your skillet for more. When all of the spinach is wilted, turn off burner under skillet. Let everything sit while you finish the squash.
6. Peel skin away from squash. Use a fork or your hands to pull the strands apart adding them to the skillet as you go. When all of the squash is in the skillet, add the parmesan cheese. Toss everything together to combine.
7. Divide between two plates and serve immediately.

Just as you would begin any project, ensure you have a good mind and heart so that while you handle these Indigenous ingredients such as Three Sister Squash and Maple Syrup only your good intentions will be absorbed.

Angela Litchfield

“Create love in the kitchen! Enter with a good mind, happy heart and clean hands!”

Kate Brant