

Spaghetti Squash with Vodka Sauce

“ Once you try homemade vodka sauce, you’ll never want to go back to the kind you can buy in the store! Why add vodka to tomato sauce? The alcohol boils off in the cooking process (trust me- getting your face too close to the pot right after you add the vodka is a great way to clear your sinuses!), making this a perfectly family-friendly recipe, but the vodka helps to release the flavors of the other ingredients. The heat from the pepper is more prominent; the herby flavors of the sausage are enhanced, and the tomatoes taste sweeter and richer. This sauce is also delicious on regular pasta, but it complements the sweetness of spaghetti squash particularly well. The recipe makes a large amount of sauce, but the leftovers freeze well. ”

Ingredients

- ❖ 1 spaghetti squash
- ❖ 2 Tbsp olive oil
- ❖ 1 pound Italian sausage (Field Roast and Tofurky make excellent vegetarian substitutes if you prefer)
- ❖ 1 cup vodka
- ❖ 2 tsp red pepper flakes
- ❖ 2 cloves of garlic, minced
- ❖ 1 (28 oz) can fire-roasted tomatoes with juice, crushed
- ❖ 2 (14 oz) cans tomato sauce
- ❖ A handful each of fresh parsley, basil, and oregano, chopped
- ❖ 2 cups half and half or whole milk
- ❖ ½ cup shredded parmesan cheese, plus more for topping

Directions

In a small bowl, soak the pepper flakes in the vodka and let sit for at least an hour.

For the spaghetti squash: Cut the squash in half lengthwise and scoop out the pulp and seeds. Place the halves, hollow side down, on a baking sheet and bake at 375 degrees for 45 minutes. When the squash is done baking, use a fork to scrape out the spaghetti-like strands of the rind.

In a large pot, sauté the sausage in the olive oil until thoroughly cooked. Towards the end of cooking, add the garlic and herbs, stirring continuously. Season to taste with salt and pepper.

Add the vodka and pepper mixture to the sausage. Let it boil lightly over medium-low heat for 10 minutes.

Add the tomatoes and sauce and continue to simmer for 15 minutes.

Mix in the parmesan and milk or half and half and simmer until the cheese melts, about 2 minutes.

Serve the sauce poured over hot spaghetti squash and topped with parmesan.