

# Gluten Free Spaghetti Squash



**Serves**

4

## **Ingredients**

- 1- Pound 1/2 Spaghetti Squash
- [1-Jar Singing Chef Tomato Basil sauce](#)
- 1tsp Garlic Powder
- 1-tsp Red Pepper flakes
- 1-tsp Lemon Pepper
- 1-tsp dry basil
- 4-tsp Pecorino Romano Cheese
- 1 1/2 cup Cremini mushrooms or white mushrooms

## **Preparation Instructions**

Heat oven to 350. Take the Spaghetti squash and carefully cut in half so you have two round bowl shaped pieces, Scoop out all the seeds. In a pyrex baking dish with 1/4 water on the bottom, place each round cut of squash upside down in dish. Place in oven for 40 minutes. Remove from oven and let cool. Take the tip of a fork and press it into the inside of the squash to make sure it is cooked enough. You should see the flesh pulling away from the squash and start to look like spaghetti strands. Twirl the strands out of the squash until it is empty. Sauté the mushrooms in olive oil and some butter until soft. Heat the Tomato Basil sauce up. Place the strands of the squash into four plates or bowls. Season with sea salt, red pepper flakes, garlic powder, dry basil, & lemon pepper and toss all well. Ladle some of the Tomato Basil sauce over each bowl and spoon on some of the mushrooms. Sprinkle some Pecorino Romano cheese on top of each and enjoy.