

Spaghetti Squash with Crab Fra Diavolo

Time: Under 1 hour

Servings: Four

Level: Medium

Ingredients:

- o 1 Medium Spaghetti Squash
- o 2 Tablespoons Olive Oil
- o 1 Shallot, minced
- o 4 cloves Garlic, minced
- o ½ teaspoon Chili Flakes (use ¼ teaspoon if you want less heat)
- o ½ teaspoon Oregano
- o ½ teaspoon Salt
- o 1 box Pomi Chopped Tomatoes 26 oz.
- o ½ cup Clam Juice
- o 4 to 6 ounces of Jumbo Lump Crab Meat (4 ounces if you want the sauce less crabby!)
- o 1 Tablespoon Parsley, chopped
- o Extra Oil, Salt and Pepper for the Spaghetti Squash

Directions:

- 1) Preheat oven to 400°.
- 2) Wash and cut the spaghetti squash in half lengthwise.
- 3) Brush the squash with oil and sprinkle generously with salt and pepper.
- 4) Place the squash flesh side down in a casserole dish and add about 1 cup of water.
- 5) Bake squash for about 50 minutes to 1 hour depending on its size. The squash should be able to “fork” easily and look like spaghetti threads.
- 6) While the squash is cooking, place a skillet on medium heat and add 2 Tablespoons of Olive Oil.
- 7) Add Shallots, Garlic and Spices and cook for about 1-2 minutes.
- 8) Deglaze pan with Clam juice and cook for about 3 minutes.
- 9) Add tomatoes and cook on low for 15 minutes.
- 10) Add Crab meat and cook for another 5 minutes.
- 11) Fork out the spaghetti squash, spoon some sauce on top and sprinkle with parsley.