

Spaghetti Squash with Orange Sauce

- * 1 Michigan butternut squash
- * 1 Michigan spaghetti squash
- * 1 tablespoon shallots, minced
- * 1 cup alcohol-free white wine
- * 1 cup orange juice, fortified with calcium
- * 1 spaghetti squash (about 2 pounds), split lengthwise
- * 2 tablespoons fresh parsley, chopped

Sauce: Cut butternut squash in half, remove seeds. Cook in microwave oven or in pan with steamer rack until tender. Remove 3/4 cup and place in food processor or blender container. If there is any leftover squash, save to serve at another time. Peel shallots and mince. Combine shallots, wine, and orange juice. Boil rapidly on high until liquid evaporates to 1 cup. Pour into blender container and purée with squash until smooth. Return purée to saucepan. Re-heat before serving.

Cut spaghetti squash in half. Scrape out seeds. Place cut side down in glass dish, pour in 3/4 cup water, cover with plastic wrap, leaving a vent. Microwave on high 10 minutes or until tender when fork inserted in squash (about 5 minutes per pound). Remove and scrape fork tines lightly over squash to see if strands fall into center cavity. If they do, it's done. If not, cover and return for another minute or so. If not ready to serve yet, place squash in 250° oven, cut side down, and keep warm. When ready to serve, arrange squash on platter, cut side up. Use fork tines to lightly scrape some squash strands into center of cavity. Spoon the heated sauce into each half and sprinkle with parsley. Serve immediately. Makes 2 servings.