

Roasted Spaghetti Squash with Local Shrimp



Ingredients:

1 medium spaghetti squash, or 2 small, halved lengthwise
1-2 tbsp extra virgin olive oil
1/2 sweet onion, sliced thin
2-3 cloves garlic, sliced thin or minced
1-2 tbsp butter
Coarse salt and ground pepper
1/2 cup panko
enough extra virgin olive oil to coat panko
1 pound large shrimp, peeled and deveined
1 tbsp extra virgin olive oil
paprika to taste
1 tablespoon fresh lemon juice, plus lemon wedges for serving
2 tablespoons fresh parsley, roughly chopped
parmesan cheese, grated

Method: Preheat oven to 375 degrees. Season squash with salt and pepper. Place cut side down in a 9-by-13-inch baking dish. Add 3/4 cup water and roast until tender when pierced with a knife, about 45 minutes. Let cool. sauté onions and garlic with 1-2 tbsp extra virgin olive oil over medium heat until tender. Season to taste. Scoop out seeds from squash and discard. With a fork, scrape flesh into the onions and garlic. Add butter and set aside. Sauté panko over medium heat with enough oil to fully coat until golden brown. (stirring constantly). Remove from heat. Season with salt and pepper to taste. Toss shrimp with oil, paprika and salt and pepper. Sear shrimp 45 seconds to 1 minute on each side and remove from heat and let rest. To serve, top squash with shrimp, panko, chopped parsley, parmesan cheese and serve with lemon wedges.