

Tomato Masala Stuffed Spaghetti Squash with Corn and Spinach

Ingredients

- One spaghetti squash
- Oil, for cooking
- 1 tsp. cumin seeds
- 1 tsp. turmeric powder
- ½ tsp. cumin powder
- ½ tsp. curry powder
- ¼ tsp. garam masala
- ¼ tsp. coriander powder
- 2 tsp. minced fresh garlic
- 2 tsp. minced fresh ginger
- ½ onion, diced
- 1 large jalapeño, cut into thin circles
- 1 14.5 oz. can of diced fire-roasted tomatoes, drained
- 1 8 oz. can of pureed tomato
- 1 15 oz. canned corn, drained
- 3 cups fresh spinach
- Salt and pepper, to taste

Steps

1. Preheat the oven to 425°F (220°C). Cut the squash in half and scrape out the seeds from the center. Put a little oil down in a large baking dish or cookie tray, and place the squash cut-side down inside. Cook for 45-60 minutes, until a fork easily pierces the squash flesh.
2. While the squash cooks, start with the filling. Heat a little oil in a large skillet, and add the cumin seeds. Once the seeds start to pop, add the rest of the spices, as well as the garlic and ginger stirring so they don't burn. After a minute add the onion and jalapeño, and sauté until the onions begin to look slightly transparent. Add the tomatoes and the tomato sauce, bring to a simmer and cook on low heat, stirring occasionally, until the sauce has thickened (about 15 minutes). Finally add the corn and spinach, and cover for a couple minutes to wilt the spinach. Turn off the heat until the squash is cooked.
3. Remove the cooked squash from the oven, but leave the heat on. Once the squash is slightly cooled, flip them over and fill the center with the tomato mixture. Return to the oven for another 5-10 more minutes, until everything is warm.

