

VEAL ITALIANA OVER SPAGHETTI SQUASH

Total preparation and cooking time: 1 ¼ to 1 ½ hours (Makes 6 servings)

Ingredients:

1 ½ lb.	Veal for stew, cut into ½-inch pieces
1 tbsp.	Butter, divided
1 tbsp.	Olive oil, divided
½ tsp.	Salt, divided
1 cup	Chopped red onion
¾ cup	Chopped green bell pepper
½ cup	Chopped cremini mushrooms
¼ cup	Finely chopped prosciutto
2 tbsp.	Dry white wine (optional)
2 cloves	Garlic, minced
1 can (14 ½ oz.)	Italian-style diced tomatoes, undrained
½ cup	Vegetable broth
2 tbsp.	Chopped fresh oregano
2 tbsp.	Tomato paste
3	Bay leaves
1	Spaghetti squash, cut lengthwise in half (about 2 ½ pounds)
¼ tsp.	Ground black pepper
¼ cup	Grated Parmesan cheese, divided

Instructions:

1. Heat 1 teaspoon oil in large, heavy skillet over medium heat until hot. Brown half of veal; remove from skillet. Repeat with remaining veal. Season with ¼ teaspoon salt.
2. Add onion and bell pepper to skillet; cook and stir over medium-high heat 3 to 5 minutes or until tender, stirring frequently. Add mushrooms, prosciutto, wine, if desired, and garlic; cook 1 to 3 minutes or until mushrooms start to brown, stirring occasionally.
3. Return veal to skillet. Stir in tomatoes, broth, oregano, tomato paste and bay leaves; bring to a boil. Reduce heat; cover tightly and simmer 30 to 45 minutes or until veal is fork-tender.
4. Meanwhile, preheat oven to 400°F. Line large baking sheet with aluminum foil. Scoop out and discard seeds from each squash half. Rub remaining 2 teaspoons oil over cut surfaces of squash; season with remaining ¼ teaspoon salt and ground black pepper. Place squash, cut-sides down, on prepared baking sheet. Roast in 400°F oven 45 to 50 minutes or until squash is tender and starts to brown.

5. Scrape squash flesh into strands with fork; place in large bowl. Add 2 tablespoons cheese; toss.
6. Divide squash among 4 pasta bowls. Remove and discard bay leaves from veal mixture; ladle evenly over squash. Sprinkle with remaining 2 tablespoons cheese.