

MidwestLiving

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Roasted Cherry Tomato Chutney on Squash

- Makes: 4 servings
- Prep 20 mins
- Bake 30 mins to 40 mins

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Annie France of Mission, Kansas, was a finalist in the 2012 Best of the Midwest recipe contest for this inventive and beautiful summer dish. Juicy cherry tomatoes are roasted and served over spaghetti squash with herbs and mozzarella balls. Annie says she serves it as a side dish, but we think it would make a fantastic meatless main.

Ingredients

- 1 2 - pound spaghetti squash, halved lengthwise and seeded
- 1 tablespoon olive oil
- Salt and ground black pepper
- 2 pints cherry and/or grape tomatoes
- 2 tablespoons olive oil
- 2 tablespoons minced garlic
- 1/4 cup chicken broth
- 1/2 cup chopped onion
- 1 8 - ounce container bite-size fresh mozzarella balls, cut up
- 1/4 cup chopped fresh basil
- 2 tablespoons chopped fresh mint
- Freshly grated Parmesan cheese

Directions

1. Brush cut sides of squash with 1 tablespoon of the olive oil. Sprinkle with salt and pepper. Place squash halves, cut sides down, in a large baking dish. Prick the skin all over with a fork. Bake, uncovered, in a 375 degrees oven for 30 to 40 minutes or until tender.
2. Meanwhile, place cherry tomatoes in a large bowl. Add the remaining 2 tablespoons olive oil, the minced garlic and salt to taste; stir well to coat. Place tomato mixture in a 15x10x1-inch baking pan. Bake in oven with the squash for the last 20 minutes.
3. In a large skillet, bring the chicken broth to boiling; add onion. Cook about 3 minutes or just until tender. Remove skillet from heat. Add roasted tomatoes to the skillet with the onion. Using a fork or potato masher, gently press down on tomatoes to pop their skin and release their juice. Add mozzarella, basil and mint to the tomato mixture; toss well.
4. Using a fork, remove the squash pulp from shell. Top squash with tomato mixture and Parmesan cheese.

Nutrition Facts

(Roasted Cherry Tomato Chutney on Squash)

Servings Per Recipe 4, calcium (mg) 495, iron (mg) 2, sugar (g) 10, Trans fatty acid (g) 0, fiber (g) 5, sodium (mg) 737, Potassium (mg) 676, Niacin (mg) 3, chol. (mg) 43, Pyridoxine (Vit. B6) (mg) 0, sat. fat (g) 10,