

Spaghetti Squash Fritters

Serves 4-6

This is an easy way to use leftover spaghetti squash or a good alternative to potato cakes. You can serve these patties with a side of tomato sauce or top with a fried egg for breakfast. The spaghetti squash can be roasted the day ahead and refrigerated until ready to use.

1 medium spaghetti squash
1 large egg
2 green onions, white parts only, minced
1/4 cup grated parmesan cheese
1/2 teaspoon mixed Italian seasoning
2 tablespoons bread crumbs (optional)
1/4 teaspoon kosher salt
Freshly ground black pepper to taste
2 tablespoons canola or sunflower oil for frying

Pre-heat the oven to 400°F. Line a rimmed baking sheet with foil and spray with non-stick cooking spray.

Remove the ends from the spaghetti squash. Cut it in half and scoop out the seeds. Drizzle the cut side of the squash with olive oil and lightly season with salt and pepper. Place the squash on the baking sheet, cut side down and roast for 30-40 minutes, or until the squash is very soft and lightly browned. Remove from the oven and let cool.

When the squash is cool enough to handle use a fork to scrape the flesh into strands. Scrape the strands into a clean tea towel. Wrap the towel around the squash and squeeze out the excess liquid. You should have 2 to 2 1/2 cups of squash.

Add the squash to a mixing bowl along with the egg, green onions, Italian seasonings, bread crumbs, salt and pepper. Mix well with your hands or a wooden spoon.

Heat a large skillet over medium-high heat. Add the oil and when it is hot drop the squash mixture into the pan, about a 1/4 cup per patty. Fry the mixture until it is golden brown, then using two spatulas, carefully flip the patty. The patties are delicate! Fry on the other side until golden. Remove from the pan and let drain on paper towels.

Serve immediately plain or with the sauce of your choice.