



SHELburne FARMS

Spaghetti Squash Greek Salad

From the Inn at Shelburne Farms

INGREDIENTS

For the Salad

- 1 medium-sized spaghetti squash, roasted and cooled
- 1 cucumber, peeled, deseeded, and diced
- ½ cup cherry tomatoes cut in half
- ½ cup roasted red pepper, diced
- 2 Tbsp shallot, minced
- ¼ cup kalamata olives, diced
- 3 Tbsp feta cheese

For the Dressing

- ¼ cup extra virgin olive oil
- 2 Tbsp red wine vinegar
- 2 Tbsp freshly squeezed lemon juice
- 1 Tbsp honey, more to taste
- ½ Tbsp Dijon mustard
- ½ tsp kosher salt
- Freshly ground black pepper to taste

INSTRUCTIONS

1. Preheat oven to 400°F.
2. Line a baking sheet with parchment paper.
3. Split the spaghetti squash in half and scrape out the seeds.
4. Rub the flesh of the squash with olive oil and sprinkle with salt.
5. Lay the squash cut side down on the baking sheet and bake for 40 minutes.
6. Remove from the oven and let the squash cool to room temperature before scraping out the flesh with a fork.
7. In the meantime dice up the cucumber, roasted red pepper, kalamata olives, shallot, and cherry tomatoes.
8. In a small bowl whisk together all of the dressing ingredients.
9. Once the squash has cooled scrape out the flesh into a large bowl.
10. Add in the vegetables and dressing and toss together.
11. Top the salad with feta.
12. Serve immediately or refrigerate until you are ready to serve.