

Chef at the Market – September 10, 2011

Chef James Leedy, The Braided Main inside the Holiday Inn
1900 Hilltop Drive, Redding, CA 96002 – (530) 949-0704

Western Style Spaghetti Squash Hashbrowns

1 large spaghetti squash (need enough for 8 cups)
2 egg whites
1 cup panko bread crumbs
1 red bell pepper, diced
2 cloves garlic, diced
1 medium sweet onion, diced
2 Tbs parsley, minced
1 Tbsp fresh basil, finely chopped
1 Tbsp garlic pepper mix (1 ½ tsp garlic powder, 1 tsp pepper, ½ tsp salt)
1 cup grated parmesan cheese
4 Tbsp olive oil

1. Cut squash in half and place on a sheet pan with inside facing up. Bake at 350 degrees for 1 hour or until squash is softened.
2. Allow squash to cool, then scrape into a bowl (all the way to the shell) using a large spoon.
3. Add egg whites and panko. Mix gently.
4. Add remaining vegetables, herbs, spices and parmesan cheese. Mix gently and place in refrigerator for 30 minutes.
5. Form into burger size patties, about a ½ inch thick.
6. Heat olive oil in a skillet, then brown squash patties evenly on both sides.

Enjoy hot as an alternative to traditional hash browns.