MUSHROOM BOLOGNESE OVER SPAGHETTI SQUASH

Yield: 4  Time: 40 min

Nutrition: 374 calories, 15.4 g fat, 18 g sugar, 46 g carbohydrates, 10 g fiber, 18 g protein, 631 mg sodium

INGREDIENTS:

- 1/2 cup hot water
- 1/2 ounce dried porcini mushrooms
- 1 (3-lb.) spaghetti squash, halved lengthwise and seeded
- 2 tablespoons olive oil
- 2 cups chopped sweet onion
- 1 cup diced celery
- 1 cup diced carrot
- 1 teaspoon dried oregano
- 1/4 teaspoon crushed red pepper
- 5 garlic cloves, minced
- 1 (8-oz.) pkg. cremini mushrooms, finely chopped
- 1 (8-oz.) pkg. white button mushrooms, finely chopped
- 2 tablespoons unsalted tomato paste
- 1 tablespoon reduced-sodium soy sauce
- 1/2 teaspoon freshly ground black pepper
- 1/4 teaspoon kosher salt
- 8 ounces extra-firm tofu, drained and crumbled
- 1 (15-oz.) can unsalted diced tomatoes, undrained
- 2 ounces Parmesan cheese, grated (about 1/2 cup)

DIRECTIONS:

Step 1: Combine 1/2 cup hot water and porcini mushrooms in a bowl; let stand 20 minutes. Drain mushrooms in a colander over a bowl; reserve soaking liquid. Finely chop porcini mushrooms.

Step 2: Place 1 squash half, cut side down, in an 8-inch square glass baking dish. Add water to a depth of 1 inch. Cover and microwave at HIGH 8 minutes or until tender when pierced with a fork. Remove squash half; cool. Repeat procedure with remaining squash half.
Step 3: Heat oil in a large Dutch oven over medium-high. Add onion and next 7 ingredients (through button mushrooms); cook 12 minutes, stirring occasionally. Stir in tomato paste; cook 2 minutes. Stir in reserved porcini mushrooms, reserved soaking liquid, soy sauce, and next 4 ingredients (through tomatoes); reduce heat and simmer 10 minutes.

Step 4: Scrape inside of squash halves with a fork to remove spaghetti-like strands. Divide squash among 4 plates; top evenly with mushroom mixture and cheese.