

PORK SCALLOPINI WITH SPAGHETTI SQUASH

BY: SIMPLY CREATIVE CHEF ROB SCOTT

Ingredients:

1 spaghetti squash, about 3 pounds
8 pork scallopini or thin cutlets, about 1 ¼ pounds
Kosher salt and freshly ground pepper
1 tablespoon extra-virgin olive oil
2 ½ tablespoons unsalted butter
1 tablespoon capers, drained
½ cup dry white wine
Juice of 1 lemon
½ cup low-sodium chicken broth
½ cup chopped fresh parsley and/or chives
1 pint grape or cherry tomatoes

Directions:

- Preheat the oven to 250 degrees F
- Cut the squash in half lengthwise, then halve each piece crosswise and remove the seeds
- Transfer to a large glass bowl and add ¼ cup water
- Cover lightly with plastic wrap and microwave until just tender, 12 – 15 minutes
- Uncover and let cool slightly
- Season the pork with salt and pepper
- Heat a large nonstick skillet over medium-high heat and then add the olive oil
- Working in two batches, add the pork and cook until browned and cooked through, about 2 minutes per side
- Remove to a baking sheet and keep warm in the oven
- Melt the butter in the same skillet over medium heat and add the capers and cook until sizzling, about 1 minute
- Add the wine and lemon juice and increase the heat to high and bring to a boil
- Add the broth and boil until reduced by half (2 – 3 minutes)
- Keep warm over low heat
- Drain the squash and scrape the flesh into strands with a fork and discard the skin
- Season with ¼ teaspoon salt and a few grinds of pepper
- Stir the herbs into the pan sauce and transfer to a liquid measuring cup
- Return the skillet to medium heat and add the tomatoes
- Cook, stirring occasionally, until slightly blistered (2 – 3 minutes)
- Serve the pork with the squash and tomatoes and drizzle with the pan sauce

Yields 4 servings