

Spaghetti Squash Hash Browns

First published by Helen Reynolds

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3 spaghetti or orangetti squash, baked and shredded the day before.

½ of a medium yellow onion, chopped into small chunks

1- 4oz. can of diced green chilies. (If you like it hotter, use a different kind of chili.)

1 ½ tsp. salt

½ tsp. black pepper

1 ½ tsp. cilantro

1 ½ tsp. cumin

2 large cloves of garlic, pressed

1 dash of red cayenne pepper

Mix all of the ingredients into a bowl until well blended.

Heat a cast iron skillet until hot then add enough olive oil to cover the bottom of the pan well.

You can at this point make the squash into thin patties or just spread thinly into the skillet and cook it until crisp. The patties will not get very crisp on the inside, but will still be delicious and flavorful. The spreading and stirring method will result in crisper patties.

We like to top them with cheese, diced fresh tomatoes and a fried egg! So good! A dollop of sour cream might be delicious as well.

This makes a huge batch! I made enough for 4 people and still had more than half of the bowl of mixture left for the next day! So it probably will serve 8-10 people.

