

BBQ SPAGHETTI SQUASH SLIDERS

Preparation: **15 mins.** | Cooking: **1 hour** | Servings: **12**

INGREDIENTS

24 mini slider rolls
1 spaghetti squash (about 3 lbs.)
1 English cucumber, cut into 1/4-inch-thick slices
1/4 red onion, finely chopped
1/4 head red cabbage, finely chopped
3/4 cup of your favorite barbecue sauce
2/3 cup plus 2 tbsp. apple cider vinegar
3 tbsp. pure maple syrup
2 tbsp. tomato paste
2 tsp. mayonnaise
Kosher salt



INSTRUCTIONS

Preheat the oven to 350 degrees, and line a baking sheet with foil. Halve the squash lengthwise and scoop out the seeds. Season the flesh generously with salt and brush with 1/4 cup of the barbecue sauce. Arrange flesh-side down on the prepared baking sheet and roast until tender and the squash strands are easily separated with a fork, 45 minutes to 1 hour. Let cool for a few minutes on the baking sheet. Meanwhile, whisk together the maple syrup, tomato paste, 2/3 cup of the vinegar, remaining 1/2 cup barbecue sauce, a pinch of salt and 1 cup water in a small saucepan. Bring to a boil, then reduce to a simmer and cook until thickened, 15 to 20 minutes. Keep warm. Mix together the mayonnaise, cabbage, onion and remaining 2 tablespoons vinegar in a medium bowl. Season with salt. Use a fork to separate the squash strands. (Keep them in the skins.) Divide 1 1/4 cups of the sauce between the 2 halves, and mix until the squash strands are coated. Season with salt. Slice the buns open about three-quarters of the way. Divide the cucumber slices among the buns. Fill each with a generous amount of the squash, and top with some slaw. Serve with extra sauce on the side.