



SPAGHETTI SQUASH WITH SUNDRIED TOMATO, GARLIC & BASIL

By Dr. Cindy Tanzar

(Standard Plan, Maintenance Options, Vegan/Vegetarian)

Missing the flavor of a great Italian side dish of pasta? This recipe is a perfect alternative with loads of flavor. It's so delicious and easy, yet feels very upscale. It's a great way to dress up an everyday vegetable. The sundried tomatoes add a rich, tangy taste and a soft, velvety texture.

Makes 5-6 servings. One serving of this recipe is 1 cup cooked and covers your vegetable and 1/2 fat for one meal.



INGREDIENTS

- 1 medium/large spaghetti squash
- 1 Tbsp avocado oil
- 2 Tbsp extra virgin olive oil
- 5 cloves garlic, thinly sliced
- 2 Tbsp fresh basil, chopped
- 1 tsp. dried basil



1 tsp. dried parsley

1/3 cup sundried tomato, chopped*

Pink Himalayan salt & freshly-ground pepper, to taste

Optional: sprinkle with Parmesan or Vegan Parmesan (GHS recipe)

INSTRUCTIONS

Preheat oven to 400°F. Cut spaghetti squash in half and scoop out the seeds. Brush squash with avocado oil and place cut side up on a baking sheet. Bake 45-60 minutes or until knife inserted goes through easily. Squash should have caramelized edges (adds flavor).

Heat extra virgin olive oil in a large skillet over medium heat. Add garlic and cook for 2 minutes. Then add fresh and dried basil, parsley and sundried tomato, cooking for another minute. Add in a few Tbsp of water and mix well while simmering. (Can add another Tbsp of olive oil if dry.)

Carefully using a fork, shred the spaghetti squash into the skillet, along with the salt and pepper. Toss lightly.

Top with Parmesan cheese or Vegan Parmesan, if desired.

*Use the sundried tomatoes in a jar with olive oil and no sulfites/preservatives. Can be found at most grocery stores.

