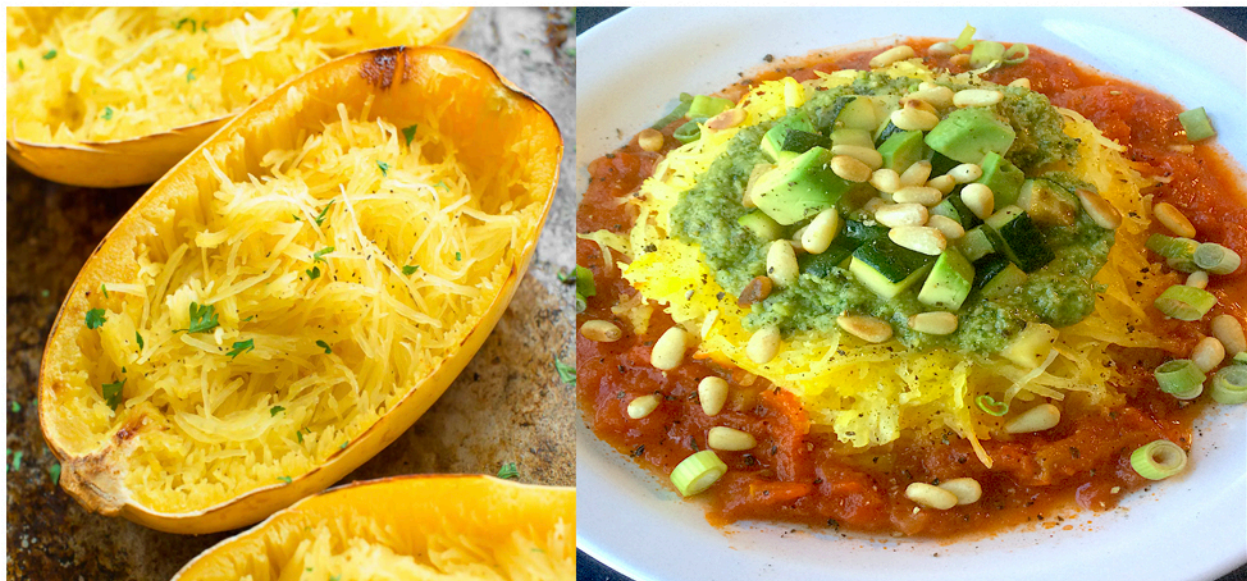


Spaghetti Squash Dinner

This healthy and delicious recipe is one of my favorite dinners. I make it every month or so. The marinara sauce and the spaghetti squash should be warm, while the pesto, avocado and sautéed zucchini can be cold or at room temperature. The contrast is awesome. Enjoy!



Spaghetti Squash: (Directions for one medium spaghetti squash)

Cut the squash in half lengthwise. Scrape out the seeds and “strings”. Place the halves, **cut side down**, on a rimmed baking sheet. Pour about 1/4 inch of water onto the baking sheet and bake at 350 for 30 to 35 minutes, or until you can pierce the squash with a fork. (Check after 30 minutes. You don’t want to over cook or it will get mushy.) Remove from the oven and let them cool until you can handle them. Using the tines of a fork, scrape the squash, crosswise, separating those spaghetti-like strands. Toss with a little garlic butter or olive oil.

Assembly:

Marinara Sauce (Use your favorite jar, or try the recipe on our web site.)

Pesto (Use your favorite store bought, or try the recipe on our web site.)

Diced Avocado

Diced and sautéed Zucchini

Pine Nuts & Scallions for garnish

Serve as shown above: first, a pool of warm Marinara, then a mound of Spaghetti Squash, a generous dollop of Pesto, the Avocado and Zucchini, and finally toasted Pine Nuts and Scallions.

All recipes are available to download from our website!