

# Creamy Pesto Spaghetti Squash

Serves 6-8

Allergens: Contains nuts



GLUTEN FREE



DAIRY FREE



## Ingredients

- 1 medium spaghetti squash
- 1 cup basil
- 1 cup avocado
- ½ cup pine nuts
- Juice of 1 lemon (2 tablespoons)
- 2 cloves garlic
- ½ teaspoon salt or to taste
- ½ cup + 2 Tablespoons extra virgin olive oil

## Directions

1. Preheat oven to 350°F.
2. Cut spaghetti squash in half lengthwise. Use a spoon to scoop out the pulp and seeds. Brush the cut side of the squash with 2 tablespoons olive oil and place face down on a baking sheet.
3. Bake for 30-45 minutes until squash is fork tender. The squash should flake off in strands easily when scraped with a fork. Let cool for several minutes.
4. Meanwhile, combine basil, avocado, pine nuts, lemon juice, garlic, and salt in a food processor. Puree until well combined. Slowly drizzle in olive oil while the food processor is running until desired consistency is reached.
5. Use a fork to scrape the squash into strands in a large bowl, then combine with sauce.

## Notes

Make it a Meal: Toss chicken breasts with olive oil, salt and pepper and place on the baking sheet next to the squash for the last 20-25 minutes of baking, until internal temperature reaches 165°F.

Tip: Try using spaghetti squash in other noodle dishes: marinara with meatballs, Asian noodle dishes, etc.

Recipe from Cooking Well Berkeley class: Winter Vegetables Made Easy, Fall 2015