

Spaghetti Squash w/Basil Pesto

Prep Time

30 minutes

Prep Notes

This is very versatile and the spaghetti squash is a great gluten free, grain free, base for just about anything that you top with. Vegan meatballs, poultry meatballs, beef meatballs. Coconut or Tomato Sauce with plenty of sautéed veggies onto of the al dente squash.

Ingredients

Ingredients

1 spaghetti squash- split in quarters
1 red bell pepper-sliced thin-julienne
1 shallot-minced
½ bunch of fresh basil
½ cup of toasted pumpkin seed (½ for pesto ½ for garnish)
½ cup of grated romano cheese or vegan parmesan cheese (little extra for garnish)
¼ cup garlic infused olive oil
dash of sea salt and pepper
¼ cup reduced chicken stock (almost like a demi glaze)
1 lemon juice and zest

Directions

Directions

Preheat oven to 375. Lightly coat the quartered squash with garlic infused oil and sea salt and pepper. Cook for 20 minutes, possible less depending on oven variations. Very important that it is al dente texture, not mushy. So it is basically undercooked.

While the squash is cooking sauté the julienned bell pepper and minced shallot till lightly caramelized. Then prepare the pesto -blending basil, ½ toasted pumpkin seeds, ½ of the vegan parmesan cheese, garlic infused oil, sea salt and pepper, lemon juice, zest and reduced stock.

Once squash is able to handle pull out squash threads and pour warm pesto, caramelized pepper and shallots over squash add more basil chiffonade and adjust with, vegan cheese, salt and pepper.

Chefs note-Sometimes when guest are there I put grated cheese on the side for those who prefer it.