



Spaghetti Squash with Spinach and Sun-dried Tomatoes

Recipe by physicalfoodie

Prep time
30 minutes

Cooking time
40 minutes

Total time
1 hour 10 minutes

This spaghetti squash with spinach and sun-dried tomatoes is an easy recipe that is really light, filling and packed with flavor.

Ingredients

- 1 medium spaghetti squash
- 4 ounces of fresh spinach
- 1 clove of garlic, minced
- 2 tablespoons. avocado oil or oil of your choice
- 4 tablespoons sun-dried tomatoes, sliced thin
- ½ cup almond milk
- 1 large shallot, chopped
- Salt and pepper to taste

Directions

- 1 Preheat oven to 400° and line a baking sheet with parchment paper.
- 2 Using a sharp knife, carefully cut a spaghetti squash in half and drizzle each side with one tablespoon of avocado oil.
- 3 Place each side cut-side down on the prepared baking sheet.
- 4 Bake for 40-60 minutes depending on the size of the spaghetti squash, until the cut sides are turning golden and the inside can easily be pierced with a fork and allow to cool.
- 5 Using a fork, scrape out the squash into a bowl and set aside.
- 6 Sauté shallots and garlic in a large non-stick pan with a drizzle of oil for 3 minutes.
- 7 Slowly mix in the almond milk and the sun dried tomatoes.
- 8 When the sauce thickens up stir in spinach. When it has wilted, add the spaghetti squash into the sauce.
- 9 Add salt and pepper to taste and enjoy!

