

# SPAGHETTI SQUASH WITH BASIL PESTO



## Directions

1. Preheat oven to 400 degrees F (204 C) and line a large baking sheet with foil.
  2. Carefully halve spaghetti squash lengthwise using a sharp knife. Use an ice cream scoop (or sharp spoon) to scrape out the seeds and most of the stringy parts.
  3. Brush the interior with oil and sprinkle with a little salt. Place cut-side down on baking sheet. Roast for 45 minutes, or until a knife easily pierces the skin and flesh. Remove from oven and set aside.
  4. In the meantime add, walnuts, Parmesan cheese, and sea salt to a blender or food processor and pulse until a fine meal.
  5. Add basil, garlic, and olive oil and puree. It doesn't need to be finely pureed, just well-mixed. A bit of texture is a good thing in this dish. Taste and adjust seasonings as needed.
  6. Use a fork to scoop out spaghetti squash into fine strings and place in large bowl. Top with desired amount of pesto and lightly toss. Add cherry tomatoes and grated Parmesan for garnish
- \* Store leftovers covered in the refrigerator for 2-3 days, though best when fresh. Pasta can be enjoyed hot, chilled, or at room temperature.

## Ingredients

### PASTA

- 1 large or 2 small spaghetti squash
- 1 Pint cherry tomatoes, halved

### PESTO

- 1/4 cup walnuts
- 1/4 tsp sea salt, plus more to taste
- 2 cups fresh basil, packed
- 3 cloves garlic, minced (1 1/2 Tbsp)
- 1/4 cup extra virgin olive oil