

Kale Pesto over Spaghetti Squash

High in vitamin C and fiber, spaghetti squash is a healthy and tasty alternative to pasta. One cup also has approximately 30 grams less carbohydrate than gluten-free pasta.

Preheat oven to 375

Cut spaghetti squash in half lengthwise and scoop out seeds and pulp. Place one half, cut side down, on baking sheet. (You can also bake the other side at this time, as cooked squash stores well in the refrigerator.)

Bake at 375 for 45 mins.

While squash is baking, blend in food processor or Vitamix:

1 small bunch, (approx. 4 cups) of kale
3 tablespoon fresh dill
1/3 cup almonds
juice of one lemon
4 tablespoon olive oil
2 cloves of garlic
1 teaspoon Pink Himalayan sea salt
2 teaspoon Fresh ground black pepper

Once squash is tender, allow to cool slightly, then use a fork to separate fleshy strands from rind.

Stir strands together with pesto in large bowl.

*Makes approximately 12 servings
140 calories per serving*

Adapted with Permission from Cynthia Pasquella's Kale Walnut Pesto Pasta.

Pasquella, Cynthia. *The Hungry Hottie Cookbook* (Malibu: Rainy Cat Press, 2012), 140.

