

SPAGHETTI SQUASH “ALFREDO”



You will love this simple, delicious “cheesy” recipe made without any actual cheese (but no fake soy or rice cheese either, because frankly it tastes gross...not to mention typically contains lots of unhealthy ingredients and fillers). ☐ Of course you can use this sauce on actual pasta too – we like the [Jovial brand gluten-free pasta](#) – but if you want to save a bunch of carbs and calories while gaining lots of nutritional value, use spaghetti squash as shown.

Serves 4-6

Ingredients:

1 large or 2 small spaghetti squash, cut in half lengthwise *

1/2 cup [organic raw cashews](#), soaked **

3/4 cup water

1 Tablespoon [nutritional yeast](#) ***

1 teaspoon [Himalayan pink salt](#)

1 clove garlic

Putting it all together:

- Preheat oven to 425 F.
- Scoop out seeds from spaghetti squash and throw them away. Place squash halves skin side up in parchment-lined baking pan or baking sheet. We love these [pre-cut unbleached parchment sheets](#).
- Roast for 1 to 1-1/2 hours or until skin starts to brown. Even if it burns a little, it's ok! Make sure to not undercook.
- Remove squash from oven and scoop out all the strands; place in a shallow dish (so that the sauce will cover more of it – yum!)

- Combine the rest of the ingredients in a [high speed blender](#) or regular blender until completely smooth and creamy. Using a high speed blender, you can let it run until the sauce heats (about 5 min.). Otherwise, the sauce will be room temperature but will heat up once poured on the hot squash.
- Pour over spaghetti squash strands.
- Top with fresh parsley (optional).

Notes:

* Cutting a spaghetti squash in half lengthwise is a bit of a challenge; you will need a [serious knife](#)!

** Soaking cashews or other nuts helps to neutralize enzyme inhibitors that can lead to difficulty in digestion. Simply cover cashews with water in a bowl and let soak on the counter for 4 to 6 hours max. Rinse and proceed with recipe. If you don't have time, it's ok to skip this step.

*** Nutritional yeast is not the same as yeast for baking bread. It is an inactive yeast with lots of B-vitamins and a staple in the vegan/vegetarian diet that adds a cheesy flavor to dishes and sauces.
