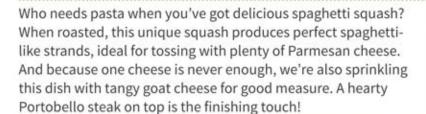


Spaghetti Squash Sauté

with Portobello Steaks, Walnuts & Goat Cheese





40 min



level 1









Spaghetti Squash



Red Onion.







Goat Cheese



Portobello Mushrooms



Parmesan Cheese



Red Onion		1	2	
Scallions		2	4	
Walnuts	1)	1 oz	2 oz	
Goat Cheese	2)	½ C	1 C	
Parmesan Cheese	2)	1/4 C	1/2 C	
Portobello Mushrooms		2	4	
Garlic		2 cloves	4 cloves	
Olive Oil*		2 T	4 T	
Nutrition per person Calo	ries: 501 cal	Carbs: 40 g Fat: 34 g	Protein: 18g Fiber: 9g	
	Pro	heat oven to 400 c	logrees Halve the snac	,

2 People

2) Milk

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Tools

Baking Sheet, Medium Pan,
Medium Bowl

*Not Included

Allergens
1) Nuts



Ingredients

Spaghetti Squash

1 Preheat oven to 400 degrees. Halve the **spaghetti squash** lengthwise, then remove seeds. Place cut side-down on a lightly oiled baking sheet and roast for 35 minutes, until tender.

4 People

2 While the squash roasts, halve peel, and thinly slice the **red onion**. Thinly slice the **scallions**, keeping whites and greens separate. Mince or grate the **garlic**.



3 Heat 1 tablespoon olive oil in a medium pan over medium heat. Add the onion and cook, tossing, 6-7 minutes, until slightly caramelized. Season with salt and pepper. Add the garlic and scallion whites to the pan and cook another 1 minute, until fragrant. Set aside in a medium bowl.

4 In the same pan, heat another 1 tablespoon olive oil over medium heat. Add the **Portobello steaks** and cook 4-5 minutes per side, until very soft. Season with **salt** and **pepper**. Thinly slice and set aside.



5 Wipe out the pan with a paper towel. Add the **walnuts** over low heat and cook, tossing, until toasted and fragrant, 2-3 minutes. Set aside in the bowl with the onions.

6 When the **spaghetti squash** is finished cooking and cool enough to handle, scrape out flesh with a fork into the bowl with the **onions** and **walnuts**. Toss in the **Parmesan cheese** until thoroughly combined, then season generously with **salt** and **pepper**.



7 Serve the **spaghetti squash** topped with the sliced **Portobello steaks** and sprinkled with **goat cheese** and **scallion greens**. Enjoy!