



# Spaghetti Squash Pesto



Vegetarian (could be easily vegan)

Serves 4

The question you should ask yourself is:

Is it about the pasta or the pesto?

For me, I know the answer: It is hands down (and up) about the pesto! In general, it was never hard for me to give up on the wheat and gluten pasta because I realized that I enjoy the sauces better than the pasta. The marriage between the spaghetti squash, pesto, feta cheese, and tomatoes is heavenly.

- ♥ 1 spaghetti squash
- ♥ Pesto (click for [pesto](#) recipe)
- ♥ Israeli feta
- ♥ Tomatoes (I like tomatoes on the vine...they are sweet and juicy) - cubed
- ♥ Heavy cream (optional)
- ♥ Olive oil
- ♥ Salt
- ♥ Pepper

1. Preheat the oven to 400 degrees.
2. Prepare a baking sheet with parchment paper.
3. Use a sharp knife to slice the squash length-wise. Keep it stable, and carefully slice through to divide it in half. Don't try to cut through the stem "knob". Once it is sliced all around, simply separate into half with your hands.
4. Use a large spoon to scoop out the seeds and discard them.
5. Drizzle olive oil inside each half and sprinkle salt and pepper. Rub it all over.
6. Place the two halves on the baking sheet (on top of the parchment paper) and bake for about 45 minutes. Bake until tops are golden, and you can easily pierce through with a knife or fork.
7. Once the squash is ready and done, fluff the inside with a fork - spaghetti-like.
8. Place into a bowl.
9. Keep the oven on.
10. Optional for a creamier texture: Mix pesto with heavy cream on medium heat. Cook until cohesive and sauce-like.
11. Add to the squash and mix the pesto (amount as desired) with or without the cream.
12. Place in a Pyrex loaf pan.
13. Top with Israeli feta (unless vegan) and the sliced and cubed tomatoes. Bake for about 20 minutes.
14. For the final touch, broil for a minute or two until top is golden (watch it like a hawk).
15. Serve and enjoy.

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