

SPAGHETTI SQUASH WITH CARAMELIZED KALE AND WALNUT CREAM SAUCE



Prep time: 4 hours



Cooking time: 35 minutes



Servings: 3–4

Ingredients

- 1 cup walnuts
- 1 large spaghetti squash
- 5 tablespoons olive oil, divided
- Sea salt and black pepper to taste
- 1 large yellow onion
- 1 bunch lacinato kale
- 1/2 cup vegetable stock
- 1 bunch fresh basil

Directions

1. Soak walnuts in filtered water for 4 hours or overnight.
2. Preheat oven to 350°F.
3. Rinse, pat dry, and cut squash in half. Remove seeds and rub with olive oil, sea salt, and pepper. Lay skin-side up on baking dish and bake for 30 minutes or until fork tender.
4. Scrape out “spaghetti” with spoon and set aside.
5. Dice onion and caramelize in 2 tablespoons olive oil over medium heat for 5 minutes.
6. Rinse and pat dry kale. Remove leaves from stalks. Slice and add to pan. Allow to cook for 5 minutes. Season with salt and pepper.
7. Transfer soaked walnuts, olive oil, sea salt, black pepper, and vegetable stock to blender. Blend until smooth, adding more stock as needed.
8. Layer caramelized onions and kale over squash, then top with walnut cream sauce.
9. Garnish with fresh basil.