

Spaghetti Squash Wraps

Recipe By Rorie Weisberg



Cooking and Prep:  2 h

Serves:  6

Contains: 

Preference: Parve

Difficulty: Medium

Occasion: Shabbat, Passover

Diet: Vegetarian, Gluten Free,
Low Fat, Low Carb

Source: Family Table by
Mishpacha Magazine

I love my veggies, but let's face it: everybody craves that feeling of sinking your teeth into a wrap or sandwich. This past Pesach I created a way to combine the best of both worlds -- the lightness of spaghetti squash with the feel of a wrap.

This recipe has become one of my favorites and is now a staple in my Full 'N Free kitchen. The ingredients are simple, and if the steps involved seem tedious, it is worth the effort! Wraps can be frozen and rewarmed for later use, or stored in the fridge for up to four days.

Ingredients (3)

Main ingredients

- 1 medium-large spaghetti squash (or 2 small)
- 1 egg plus 1 yolk
- 3 tablespoons Rorie's Grain Free Dough Mix (or substitute 1 and 1/2 tablespoons coconut flour and 1 and 1/2 almond flour)

Start Cooking

Prepare the Spaghetti Squash Strands

For this recipe, you will need about three cups of strands.

1. Preheat the oven to 375 degrees F.
2. Slice spaghetti squash in half and scoop out the seeds. Place the cut squash face down on a cookie sheet lined with Gefen Easy Baking Parchment Paper. Bake for 35 minutes.
3. After removing the squash, leave it face down for an additional five minutes, then flip.
4. Allow to cool completely before attempting to string the squash. If you try to string it when it is hot, it will become mushy. Do not refrigerate the squash before you string it.
5. To string the squash, run a fork through the flesh of the squash to create spaghetti-like strands.

Prepare the Wraps

1. Place one and a half cups of the cooled squash strings in a food processor fitted with an S blade. Pulse two to three times to break the strings into small chunks. Repeat with remaining squash. (You can skip this step -- wraps will be more stringy, but they taste just as good.)
2. Combine spaghetti squash with remaining ingredients and mix well. Form into six balls.
3. Line two cookie sheets with Gefen Easy Baking Parchment Paper and spray with oil. Place balls of dough on top. Flatten the balls into flat circles. Do not attempt to make them too thin or your wraps will rip.
4. Bake at 375 degrees Fahrenheit for 35–40 minutes. Remove from oven, allow to cool for five minutes, then flip over and bake an additional 5–10 minutes or to desired crispiness. Bake time depends on how thick your squash strings are. Allow to cool before filling or folding.
5. My favorite way to fill this wrap is with sliced turkey, avocado, lettuce and tomato. I have stuffed them with leftover meatballs and even used them as crusts for individual pizzas.