

Pesto Chestnut Spaghetti Squash

Recipe By *Riva Fogel*



Cooking and Prep:  2
h 20 m

Serves:  6

Contains: 

Preference: Parve

Difficulty: Easy

Occasion: Shabbat,
Passover, Sukkot

Diet: Vegetarian, Gluten Free,
Low Fat, Low Carb, Vegan,
Paleo, Pescetarian, Sugar Free

This recipe is a great way to enjoy spaghetti squash in another way other than with sauce and cheese. It is healthy, low calorie and very simple to prepare. The flavor is so great you will have to keep reminding yourself you are eating something "dietetic"!

Ingredients (7)

Main ingredients

- 2 medium spaghetti squash
- 1 (5.2-ounce) bag **Gefen Chestnuts**
- 2 Vidalia onions
- 6 cubes **Dorot Gardens Frozen Basil**

2–3 tablespoons canola oil for sautéing

salt, to taste

pepper, to taste

Start Cooking

Prepare the Spaghetti Squash

1. Place whole spaghetti squash in the oven at 350 degrees for one to two hours, depending how soft you like.
2. Remove from fire. Once the spaghetti squash is out of the oven, slice it in half and remove the seeds. Scrape out the squash in strands.

Prepare the Pesto

1. In the meantime heat up the oil in a frying pan.
2. Dice the onions and the chestnuts. Place in hot oil and add salt and pepper to taste. Sauté for 15 minutes.
3. Add the basil cubes during the last few minutes. Remove from fire.

To Serve

1. Mix spaghetti squash with pesto-chestnut sauté and enjoy.