



Spaghetti Squash with Kale Raisin Pesto

Serving:

4-6 as a side dish

Type:

gluten-free, dairy -free and vegan if not using cheese

Author:

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Notes:

This kale pesto is rich in vitamins and delicious over squash or any spiralized vegetables of choice. Pasta lovers, feel free to dress your pasta, of course.

Ingredients:

1 Medium Spaghetti Squash
1/3 C Hazelnuts, toasted and roughly chopped
2 C Shredded Kale
½ C Fresh Parsley Leaves

1 Garlic Clove
2 T Golden Raisins
5 T Extra Virgin Olive Oil
¼ C Water, plus more if needed to blend
2 t Worcestershire Sauce
Salt + Pepper to taste
½ C Shaved Parmesan, plus 2T for garnish
½ C Toasted Hazelnuts, coarsely chopped, for garnish

Directions:

Preheat oven to 400 degrees

Cut the ends off the squash and halve lengthwise. Scrape out the innards and the seeds.

Place on a greased sheet pan. Drizzle with extra virgin olive oil and sprinkle with salt + pepper.

Roast for 40-50 minutes, let cool 10 minutes.

With a fork, scrape the squash horizontally into strands that look like spaghetti.

For the pesto:

combine the hazelnuts, kale, parsley, garlic, raisins, evoo, water, cheese and Worcestershire in a blender and process until smooth. Add more water if needed to process.

Heat the spaghetti squash and toss with pesto. Place into a bowl and garnish with reserved 2 T shaved parmesan and ¼ C chopped hazelnuts.

Tips:

To make this recipe dairy free and vegan, considering using nutritional yeast in the pesto.

For Passover, substitute kosher for Passover soy sauce for the worcestershire sauce.

