

Spaghetti Squash with Cauliflower Alfredo Sauce and Roasted Vegetables

Servings: 4
Prep Time: 15 minutes
Cook Time: 45 minutes
Storage: 5 days in refrigerator
Freeze: one month
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Ingredients

Spaghetti Squash

- 1 large spaghetti squash (or 2 small spaghetti squash)
- 1 TBSP oil
- 1 pinch sea salt

Cauliflower Sauce

- 6 cups vegetable broth
- 5 cups cauliflower florets, 1-inch pieces
- 4 TBSP olive oil or ghee, divided
- 8 cloves garlic, minced
- 1 teaspoon kosher salt, plus more for seasoning
- 1/4 teaspoon black pepper, plus more for seasoning
- 1/2 cup nondairy milk
- 1/2 cup Parmesan cheese, freshly grated or substitute 2 TBSP nutritional yeast, more for garnish
- 8 ounces pasta (approx. 2 1/2 cups)

Roasted Vegetables of choice

Basil, garnish

Instructions

Spaghetti Squash

Preheat oven to 400°F and line a large, rimmed baking sheet or baking dish with parchment paper or foil.

Carefully halve spaghetti squash lengthwise using a sharp knife. I find the best way to do this is inserting the very tip of a very sharp large knife into the side of the squash (lengthwise) and push it all the way through to the other side. Then rock the knife back and forth to cut one half all the way through, then repeat on the other side.

Use an ice cream scoop (or sharp spoon) to scrape out the seeds and most of the stringy parts.

Brush the interior with oil and sprinkle with a little salt. Place cut-side down on baking sheet. Roast for 45 minutes, or until a knife easily pierces the skin and flesh. Remove from oven and set aside.

Note: For a moister squash, omit the oil and instead add just enough water to cover the bottom of your baking sheet or baking dish and bake at 400°F until a knife easily pierces the exterior – about 35-45 minutes.

Once slightly cool, flip squash flesh-side up and use a fork to scrape out the strings.

Cauliflower Sauce

Bring the vegetable broth to a boil in a large pot. Add the cauliflower and reduce to a simmer. Cook covered, until fork tender, about 7 to 10 minutes.

Use a slotted spoon to transfer the cauliflower pieces to the blender. Add 1 cup cauliflower cooking liquid.

Heat a large pan over medium-low heat. Add 2 tablespoons olive oil or ghee, once hot add minced garlic. Sauté until the garlic is soft and fragrant but not browned, 2 to 3 minutes. Transfer garlic and oil to blender.

Add 1 teaspoon salt, 1/4 teaspoon pepper, and milk to blender. Blend on high for 30 seconds until the sauce is very smooth, adding more liquid or milk depending desired thickness.

Add Parmesan cheese and puree until smooth, 30 seconds. Adjust seasonings and add more cheese if desired.

Top spaghetti squash with cauliflower sauce, cooked vegetable of choice, parmesan cheese and fresh basil. Add more sauce as desired.

Adapted *Jessica Gavin recipe*

Chef Chandra

S.O.U.L. Food (*Seasonal/Sustainable, Organic, Unprocessed, and Local*)

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