

# SPAGHETTI SQUASH WITH BRUSSELS SPROUTS AND CRISPY SHALLOTS

Preparation: **15** minutes | Cooking: **45** minutes | Servings: **4**

## INGREDIENTS

*1 (3 ½-4 pound) spaghetti squash*  
*1 pound brussels sprouts, cut or shaved*  
*3 tablespoons EVOO*  
*3 garlic cloves, minced*  
*2 large shallots*  
*Salt*  
*Pepper*



## INSTRUCTIONS

Start by preheating your oven to 400 degrees. Slice your spaghetti squash in half, and scoop out the seeds. After you have scooped out the seeds, coat the inside with olive oil, salt and pepper. Bake the squash for 40-50 minutes. After your squash has been cooking for 30 minutes, begin to prep the shallots. Cut your shallots into small pieces or a desired size. Heat 2 tablespoons olive oil on medium heat in a pan, then add your shallots and cook, stirring frequently for approximately 8 minutes or until golden and crispy. Use a slotted spoon to remove the crispy shallots and place them on a paper towel to drain. Chop or shave your brussels sprouts any way you desire, add them to the pan with minced garlic and sauté for 4-5 minutes. Add extra oil if needed. Once your spaghetti squash has finished, remove it from the oven and use a fork to scrape the flesh into a bowl. Add the sautéed brussels sprouts and crispy shallots into the bowl, and season with additional salt and pepper as needed. Stir all your ingredients together, serve hot and enjoy!