

Spaghetti Squash & Broccoli Sauté (Luteal)

1 spaghetti squash

2 cups broccoli, cut into smaller florets

1 cup vegetable broth

¼ cup onion, finely chopped

2-3 cloves garlic

Red pepper flakes (optional)

½ cup mozzarella cheese

Preheat oven to 375*. Slice the spaghetti squash in half lengthwise (I like to poke holes in mine with a fork, and then place in the microwave for 3 minutes to soften before cutting). Drizzle with EVOO and sprinkle with salt/pepper. Then place on a baking tray, cut side down. Bake for 30-40 minutes; until golden brown. Remove from oven and flip squash with cut side up. Allow to cool for 10 minutes, and then use a fork to fluff or create spaghetti.

Heat 1T EVOO in a medium sized pan. Add onions, cooking for 3-4 minutes or until clear. Add garlic and red pepper flakes if using, cooking for an additional minute or until fragrant. Add vegetable broth and cook until simmering. Then add in broccoli and steam until they change color and are soften. Add mozzarella cheese and continue to stir until melted. Add the spaghetti squash “noodles” to the pot, stir until combined. Enjoy!

Best for the Luteal phase.

