

# CARAMELIZED ONION SPAGHETTI SQUASH

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Yield: 2-4 servings | Total Preparation Time: 35 minutes



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## Ingredients

- 1 2-3 lb. spaghetti squash
- 4 tbsp cooking oil
- 2 tablespoon butter
- 2 medium yellow onions peeled and sliced into long strips
- 1 1/2 cup mushrooms
- 1 cup kale
- 1/4 teaspoon rosemary (fresh or dried)
- Salt and pepper to taste
- Parmesan cheese (optional)

## Instructions

1. Preheat oven to 400°F.
2. Slice squash in half, remove seeds. Brush 1 tbsp cooking oil on both halves of the squash and then place face down on a baking sheet. Roast for 30-40 minutes or until lightly browned on the outside.
3. While squash is roasting, melt butter and 2 tbsp oil over medium-high in a large skillet.
4. Add onions to skillet, stirring occasionally. Saute for 5 minutes.
5. Add mushrooms and saute for 10 more minutes. The onions should start to caramelize. If they look like they're burning at all, add an extra tablespoon of oil.
6. Add kale to skillet and continue to stir everything together until onions turn a nice golden brown color.
7. Once squash is done, allow to cool for ~5 minutes. When chilled enough to touch, use a fork to remove "spaghetti" from squash by scraping the sides of the squash. Add 'spaghetti' to skillet with mushrooms and onions and stir. Add rosemary, salt and pepper.
8. Top with cheese, serve and enjoy!

*Spaghetti squash is a low carbohydrate and low-calorie stand-in for pasta that is packed with nutrients. It is a great way to increase veggie intake, especially if you are watching your blood sugars.*

