

SPAGHETTI SQUASH HASH BROWNS

INGREDIENTS

- 1 lb Steamed Spaghetti Squash
- 1 tbsp. avocado oil
- ½ tsp. garlic powder
- 1 tsp. paprika
- Pepper to taste
- Salt to taste



PREPARATION

1. Chop steamed spaghetti squash so that the strands aren't too long. Mix spaghetti squash with garlic powder, paprika, salt, and pepper.
2. In a skillet, on medium-low heat, heat up 1 tbsp. oil. Coat the pan well to prevent sticking.
3. Scoop the spaghetti squash mix in 1/4 cup portions onto the pan and flatten out using a spatula. May have to cook in batches.
4. Cook on low heat and slow to prevent burning. Each side should take about 5 minutes.
5. Serve along with your favorite breakfast.
6. Enjoy!

