

# SPAGHETTI SQUASH AND BRUSSELS SPROUTS WITH CRISPY SHALLOTS

## INGREDIENTS

- 1 3½-4 lb. spaghetti squash
- 3 tbsp. olive oil - divided
- 2 large shallots - thinly sliced
- 1 lb. Brussels sprouts - shaved or thinly sliced
- 3 garlic cloves - minced
- Salt and pepper - to taste

## PREPARATION

1. Preheat your oven to 400°F. Slice the spaghetti squash in half and scoop out the seeds. Coat the inside with a little olive oil and salt and pepper, then bake for 40-50 minutes.
2. When the spaghetti squash has cooked for about 30 minutes, heat up 2 tablespoons of olive oil on medium heat in a large pan.
3. Add the shallots and cook, keep stirring frequently, for about 8 minutes or until lightly golden and crispy.
4. Use a slotted spoon to remove the crispy shallots to a paper towel to drain.
5. Add the brussels sprouts and minced garlic to the same pan and sauté for 4-5 minutes. You may need to extra oil.
6. When the spaghetti squash is done, remove it from the oven and use a fork to scrape out the flesh into a bowl.
7. Add the sautéed Brussels sprouts and crispy shallots to the bowl, and season with additional salt and pepper.
8. Stir all of the ingredients together. Serve!

