



## Spaghetti Squash with Detox Pesto

**Soaking Time: 8 hours**

**Prep Time: 15 minutes**

**Cooking Time: 35-40 minutes**

**Servings: 4**

- 2 medium spaghetti squash
- 1/3 cup Brazil or macadamia nuts
- 1/3 cup sunflower seeds
- 1/3 cup pumpkin seeds
- 1 cup parsley
- 1 cup fresh cilantro (coriander)
- 2/3 cup extra-virgin olive oil
- 4 cloves garlic
- pinch sea salt
- 4 tablespoons lemon juice

1. Soak nuts and seeds in water to cover for 8 hours the night before.
1. Preheat oven to 375 degrees.
2. Cut the squash in half lengthwise and scoop out the seeds.
3. Place halves rind up in a shallow baking pan with 1/2" water in bottom.
4. Bake 35-40 minutes.
5. Meanwhile, process the parsley, cilantro and olive oil in a food processor or blender until chopped.
6. Add garlic, nuts and seeds, pinch salt, and lemon juice and blend into a fine paste.
7. When squash is tender, separate strands "from stem to stern" with a fork.
8. Place on serving plates and top with pesto. Enjoy!

**Note: Store pesto in glass jars; it freezes well.**



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