

Food Babe's Spaghetti Squash Casserole



Prep Time:	Cook Time:	Total Time:	Serves:
1 hr	35 mins	1 hr, 35 mins	6

<https://foodbabe.com/spaghetti-squash-casserole-a-vegan-thanksgiving-dish>

Ingredients:

- 1 large spaghetti squash
- 1 cup quinoa, uncooked
- 2 cups vegetable broth (without yeast extract)
- 1 tablespoon extra virgin olive oil
- 1 ½ cups filtered water
- 5 leaves fresh sage, minced
- ⅛ cup spelt flour
- ½ teaspoon extra virgin olive oil
- 3 garlic cloves, minced
- ¼ teaspoon sea salt
- ¼ tablespoon turmeric
- ¼ teaspoon red pepper flakes
- 1 pinch fresh ground pepper
- ⅓ cup nutritional yeast
- 1 tablespoon fresh lemon juice
- 1 teaspoon yellow mustard

Instructions:

1. Topping: make quinoa according to package instructions with vegetable broth instead of water.
2. Spaghetti Squash: Preheat oven to 350° F
3. Slice spaghetti squash in half and remove all seeds with spoon.
4. Place spaghetti squash face down on large baking sheet, add ½ cup water and cover with foil.
5. Cook spaghetti squash for 45 minutes.
6. Once cooked, take a fork and scrap out inside of squash into a large baking dish.
7. Cheese Sauce: combine water, flour, ground pepper, red pepper flakes, turmeric, nutritional yeast and mix together to combine and set aside.
8. Heat a pan on medium heat, add olive oil to heat.
9. Sautee garlic for 2-3 minutes, making sure not to burn.
10. Add sage and cook lightly until fragrant.
11. Next add the liquid flour & spice mixture to the pan. The mixture should begin to bubble and start to thicken, if not – increase heat.
12. Allow sauce to bubble for about 2-3 minutes, and then add lemon juice and mustard and cook another 2 minutes
13. Assembly of Casserole: pour cheese sauce evenly over squash in baking dish.
14. Top with quinoa and lightly spray with olive oil.
15. Bake at 350° F for 20-25 minutes and broil on high for last 5-10 minutes to brown the top.

Notes:

- Great as a main dish or side dish for Thanksgiving!
- Also – this recipe can be made ahead and baked later (for 30-40 mins instead) – A huge time saver!
- * Cheese Sauce adapted from “Veganomicon – The Ultimate Vegan Cookbook”

- Please buy all organic ingredients if possible