

# SPAGHETTI SQUASH SALAD

SERVES 6 • 40 MINUTES

## Ingredients:

1 four-pound spaghetti squash, halved lengthwise with seeds scraped  
1 cup sliced almonds (3 ounces)  
1/2 cup chopped kalamata olives, pitted  
1/2 cup thinly sliced green onions  
1/2 teaspoon finely grated lemon zest  
3 tablespoons fresh lemon juice  
1/4 cup canola oil  
1/4 cup feta cheese, crumbled  
1 tablespoon freshly ground white pepper  
1/4 teaspoon Kosher salt

## Per Serving:

**Calories:** 280  
**Fat:** 20 g  
**Omega-3:** 1,000 mg  
**Cholesterol:** 5 mg  
**Sodium:** 215 mg  
**Carbohydrate:** 25 g  
**Fiber:** 2g  
**Sugar:** 1g  
**Protein:** 6g  
**Vitamin A:** 10%  
**Vitamin C:** 19%  
**Calcium:** 15%  
**Iron:** 10%  
**Magnesium:** 20%  
**Zinc:** 9%

## Nutrition Notes:

Spaghetti squash is a fantastic substitute for spaghetti noodles as it provides less than 50 calories per 1-cup serving, saving you up to 180 calories and providing additional health benefits in the form of fiber and carotenoids (antioxidants known to help prevent Vitamin A deficiency).

## Preparation:

**Salad:** Preheat the oven to 350°. Bring a large pot of water to a boil. Add the spaghetti squash, and cook until it is al dente (about 12 minutes); drain. Place the spaghetti squash halves cut-side down on a rack, and let cool for 15 minutes.

Meanwhile, spread the sliced almonds on a sheet pan and toast them in the oven until lightly golden (about 7 minutes).

**Dressing:** In a food processor, combine the chopped olives with the green onions, lemon zest, lemon juice, and canola oil and pulse until finely chopped.

Working over a medium bowl and using a fork, scrape the spaghetti squash into the bowl, separating the strands. Add the dressing along with the crumbled feta and toasted almonds and season with salt and white pepper. Toss the spaghetti squash salad and serve warm.

