



Spaghetti Squash with Brown Butter and Hazelnuts

(casein-free if oil or ghee is used in place of butter)

2:1 Ratio

2.02 Protein

4.63 Carbohydrate

146 Calories

Makes 1 side dish serving



Ingredients

75g or $\frac{3}{4}$ cup lightly packed cooked spaghetti squash, already hot

10g or $\frac{1}{8}$ cup whole hazelnuts (filberts)

8.5g or 1 level Tablespoon room temperature butter

Salt to taste

Directions

Chop the hazelnuts into rough pieces.

Over medium/low heat, melt the butter in a small pan.

Slowly stir the butter and watch closely for it to begin to brown. As soon as it starts to darken in color, remove the pan from the heat and add the chopped hazelnuts. Stir the hazelnuts into the butter.

Pour the butter and hazelnut mixture over the squash, season with salt and serve. A tiny pinch of sage adds a wonderful flavor!