



Spaghetti Squash With Asparagus

Ingredients

1 spaghetti squash, halved lengthwise and seeded

1 tablespoon extra-virgin olive oil, or as needed

2 tablespoons coconut oil, or more as needed

1 bunch asparagus, trimmed, or more to taste

5 leaves fresh basil, chopped, or more to taste

1 cup multi-colored cherry tomatoes, halved, or more to taste

2 tablespoons pine nuts, or to taste

Directions

Preheat oven to 400 degrees F (200 degrees C). Line a baking sheet with aluminum foil.

Coat the inside of spaghetti squash with olive oil and place, cut-side down, onto the prepared baking sheet.

Bake in the preheated oven until squash is tender and a fork can easily puncture the flesh, 30 to 40 minutes. Remove baking sheet from oven and cool squash until easily handled, about 15 minutes.

Heat coconut oil in a skillet over low heat; cook and stir asparagus until tender yet firm to the bite, about 5 minutes.

Shred the squash flesh using a fork to create long strands that resemble noodles. Mix squash and basil into asparagus, adding more coconut oil if too dry; cook and stir for 1 minute. Remove skillet from heat and mix tomatoes and pine nuts into squash mixture.