



## Roasted Miso e Pepe Spaghetti Squash

Makes enough for 2 people, easily doubled

- 1 large spaghetti squash
- Olive oil
- Salt and pepper
- Miso e Pepe Sauce
  - ¼ cup sliced or slivered almond
  - 1 cup plain, unsweetened almond milk
  - 2 tablespoons white or yellow miso
  - 2 tablespoons nutritional yeast
  - 3 cloves of garlic, chopped
  - 2 tablespoons lemon juice, about one lemon
  - 2 teaspoons potato or corn starch
  - ¼ teaspoon ground nutmeg
  - 1 tablespoon of olive oil
  - Pinch of red pepper flakes
  - Salt and pepper to taste
  - ¼ cup minced chives or green onions
  - Toasted panko breadcrumbs, optional

Warm up your oven to 400 degrees and grab a large, rimmed baking sheet. Cut the stem end off your spaghetti squash to create a stable surface then place that cut edge on your cutting board. Now cut the spaghetti squash in half lengthwise being careful not to go crazy and lose a finger. Working with shitty knives? Try using your biggest serrated knife on all winter gourds to get through that thicker flesh. Whatever you'd use to cut up a loaf of sourdough should be just fine. Scoop out the seeds and cover the whole thing in a little bit of olive oil. Sprinkle a little salt and pepper on the inside flesh and place them cut-side down on your baking sheet. Stab the outside a couple times with a fork so the steam has somewhere to go as the squash roasts. I know you have plenty of reasons to feel stabby these days so think of this a positive way to get that shit out of your system.

Place the spaghetti squash in the oven and let it roast until you can stick a knife in through the skin with no resistance, 30-45 minutes depending on the size of squash. When the squash is done, flip it over and let it cool for a few minutes before you start scrapping. Take a knife and scrape out the inside flesh into long strings right on the baking sheet. Keep going until you've

got all the flesh out and discard the remaining skin. Now squeeze out some of the extra liquid in the flesh over the sink. You won't damage the noodles, just squeeze lightly and watch all that extra water come out. Place the flesh back on the baking sheet.

Now it's time to add the flavor. For the sauce, warm up the cup of milk in the microwave or stovetop until it's just below boiling. Add the almonds and let that sit for 15 minutes to give the nuts time to soften up. Now add that mixture to a food processor or blender along with the miso, nutritional yeast, garlic, lemon juice, potato starch, and nutmeg. Blend that shit until everything is well combined but there are still some small almond chunks. That's texture baby and we love it.

Warm the olive oil in a large sauté pan then pour in the sauce, let it come to a gentle simmer, whisking occasionally as it thickens up, then turn off the heat. Toss in the spaghetti squash flesh. Gently toss until all the squash strands are coated then add in the red pepper flakes, plenty of black pepper, and chives, if using. Taste and add more of whatever you think it needs. Serve warm topped with toasted breadcrumbs or more chives.