



## Squash the Spaghetti with Zesty Garlic & Lemon

Watch the YouTube Video via the link in the blog article.

There's something truly magical about spaghetti squash. Not only does it pack a powerful nutritional punch—rich in vitamins A, C, and B6, as well as potassium, manganese, calcium, magnesium and fiber—but it also radiates a high vibrational energy that nourishes both body and soul.

As a perfect pasta substitute, spaghetti squash allows you to indulge in your favorite dishes without the heaviness of traditional pasta. Whether you're looking to cut carbs, calorie, or just want to try something new, this vegetable delivers on both flavor and texture. Spaghetti squash is a versatile veggie that can be prepared in a variety of ways—steamed, microwaved, or even in the crockpot or Instapot—but baking it brings out its a subtle nutty sweetness that pairs beautifully with almost any sauce or seasoning.

In this recipe, I've kept things simple yet delicious, combining zesty lemon, aromatic garlic (which adds a boost of vitamin C, B6, and selenium), and a blend of dried herbs to create a dish that's light, flavorful, and vibrantly nourishing.

It can be served hot, cold or warm and as a side or main dish.

Let's squash the spaghetti and dive into this delightful, high-vibration meal!

### Ingredients:

1 Organic Spaghetti Squash

Zest from one Lemon

Juice from one Lemon

2 Cloves Fresh Garlic, diced

1 TB Organic Extra Virgin Olive Oil

1 TB Dried Onion Powder

1 TB Dried Parsley

1 TB Dried Thyme

1 TB Garlic Spice \*See Cooks Note 1

Salt & Pepper to taste

### Procedure:

Preheat oven to 400 degrees F

Line baking pan with parchment paper

Wash Squash, cut it in half, and remove the seeds \*\*See Cooks Note 2

Using a sturdy fork, poke holes on the outside of the squash

Put cut side down on the baking sheet and cook in the oven @ 400F for 40 minutes

Combine all of the dry seasonings in a small bowl, set aside

Using a micro-plane, zest the lemon (careful not to get any of the white), set aside

When the squash is done, remove it from oven and let cool until it's easy to touch. With a fork, pull the flesh from the sides and bottom of the squash and put it in a bowl.

Add lemon juice, dried seasonings, zest and garlic and toss to combine.

Drizzle Olive oil over top and toss to combine.

Serve immediately.

\*Cooks Note 1: Find the Garlic Garlic seasoning recipe via the blog article

\*\*Cooks Note 2: It can be tough to cut through the squash skin to break it open. Use a super sharp knife and be careful!

Depending on the size of your squash, and whether you are serving as a main dish or a side, it will serve 2-4 people.