



## Spaghetti Squash, Creamed with Browned Butter Walnuts

**Prep Time** : 20 minutes **Cook Time** : 40 minutes **Servings** : Servings 8 **Source** : Halfbakedharvest.com

### INGREDIENTS

- 2 medium spaghetti squash, halved and seeds removed
- 1 stick (8 tablespoons) salted butter
- 1 cup raw walnuts, roughly chopped
- 1-2 tablespoons chopped fresh sage
- 3 cloves garlic, minced or grated
- 1 cup whole milk, nut milk, or canned coconut milk
- 3 ounces creamy goat cheese, crumbled
- 1/3 cup grated manchego cheese
- 3 tablespoons basil pesto, homemade or store-bought
- 1 pinch crushed red pepper flakes
- kosher salt and black pepper

### DIRECTIONS

1. Preheat the oven to 425 degrees F.
2. Place the squash on a plate and microwave 3 minutes. Let cool slightly, then cut in half lengthwise, scoop out the seeds and discard. Place the squash in a baking dish and season the cut sides with salt and pepper. Transfer to the oven and bake 30-35 minutes or until the squash is tender.
3. Meanwhile, heat 6 tablespoons butter, the walnuts, sage, and a pinch of salt in a large skillet. Cook 5 minutes, stirring occasionally, until the butter is browned and the walnuts are toasted. Remove the nuts from the skillet to a plate.
4. In the same skillet, melt the remaining 2 tablespoons butter with the garlic. Cook until the garlic is fragrant, about 2 minutes. Add the crushed red pepper flakes, milk, goat cheese, manchego, and pesto. Season with salt and pepper. Bring to a gentle simmer over medium heat, stirring constantly until smooth and creamy. Remove from the heat.
4. When the squash is ready, use a fork to scrape the squash into strands, then toss the squash with the pesto cream sauce. Serve the squash warm, topped with buttery walnuts.

### NOTES

To Make Ahead: prepare the squash through step 4, but leave the walnuts off the squash. Cool and keep in the fridge for up to 3 days. When ready to serve, gently warm the squash over low heat on the stove, stirring until warmed. Top with walnuts.

To Keep Warm in the Slow Cooker: prepare the squash through step 4, but leave the walnuts off the squash. Transfer the squash to the slow cooker and keep on the WARM setting for up to 4 hours. Keep the walnuts to the side of the squash until ready to use for topping.

### NUTRITION

calories 263 kcal