**Spaghetti Squash Patties**

1 med. Spag Squash Cooked

2 Eggs whisked

2 tbps Chopped Green Onion/ chives

2 tsp diced parsley

S&P to taste

2 tsp Olive Oil

Combine all ingredients except oil

Form into 3” patties

Heat oil in skillet over medium heat

Cook patties until bottoms are lightly brown (3-4 mins)

Flip and cook 3-4 mins more until brown on both sides

serve with wilted spinach and goat cheese – Chicken

(Asian flair – sauté in canola oil mixed with a few drops of sesame oil and serve with soy sauce)