

Stuffed Spaghetti Squash

One of my favourite oatmeal breakfasts to make on a cool morning. This is definitely comfort food.

Categories

Gluten-free

Yields: 4 servings

Preparation time: 20 mins

Cooking time: 45 mins

Category: Entrees

Complexity: Simple

Vegan experience: Absolute beginner

Preparation style: Cooked

Ingredients

Spaghetti Squash 1 large one	1 item
Onion, white, yellow or red, raw	1 large
Quinoa, cooked	1 cup
Mushrooms, raw	1 cup
Wild rice, steamed	1 cup
Salt, Himalayan (pink)	1 dash
Black pepper, ground	1 dash
Nutritional yeast flakes	2 grams
Plain lightly toasted gluten free breadcrumbs, plain	2 x 1/4 cup
Celery, raw	1 cup
Cumin, ground	1 teaspoon

Instructions

- 1) Preheat oven to 350 degrees F.
- 2) Cut the squash lengthwise and remove seeds but leave the "meat."
- 3) Lay the squash face up in the baking pan.
- 4) In a saucepan, sauté onions, celery, mushrooms in a wee bit of water until the onions are translucent.
- 5) Add salt, pepper, quinoa, rice, breadcrumbs, and heat for about 4 minutes.
- 6) Spoon the stuffing into each half of the squash and bake in the oven for about 45 minutes or until the squash can be pierced easily with a fork.
- 7) Enjoy alone or pair with steamed Brussel sprouts.