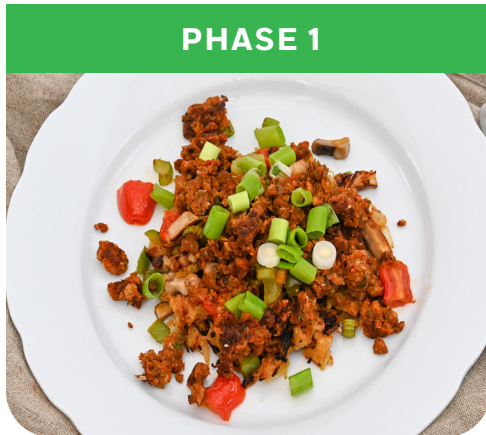


chef penny's roasted spaghetti squash with veggie meatless patty

SERVES 1 • READY IN 40 MINUTES OR LESS



Ingredients:

- 1 cup roasted spaghetti squash
- 1 packet Ideal Protein veggie meatless patty
- 1/4 cup celery
- 1/4 cup tomato, chopped
- 1/4 cup button mushrooms, diced
- 1/4 cup green bell pepper, diced
- 2 garlic cloves, chopped
- 1 tsp olive oil
- 1 tsp garlic powder
- 2 tbps apple cider vinegar
- green onion (garnish)
- salt and pepper (seasoning to taste)

Cut the spaghetti squash in half, season lightly with salt and pepper, and roast in oven at 400 degrees for 30 minutes.

Mix and cook the IP veggie meatless patty according to the package instructions. Crumble when cooled. Set aside.

Remove squash from the oven and fork out 1 cup. Water-sauté the squash in a pan for a few minutes and remove from heat.

Apply a coat of cooking spray to your nonstick skillet. Add celery, mushroom, bell pepper, garlic, and tomatoes, use water-sauté method to cook the veggies. Add apple cider vinegar and season with IP salt, pepper, and garlic powder.

Add IP veggie meatless patty crumble and spaghetti squash to skillet and mix to incorporate everything. Drizzle the 1 teaspoon of olive oil and garnish with green onion and serve. Enjoy!



The water-sauté method produces steam to help your veggies cook. Pour 1 tablespoon of water beneath the vegetables. Do not pour water over sautéed veggies as this will make them watery and wilted.