

- Plant Based
- Keto
- Paleo
- Whole 30
- Gluten-Free
- Dairy-Free
- Vegetarian
- Vegan

Healthy home cooking!

Herbed Brie imPASTA! with Braised Onions



SERVES: 8

PREP TIME: 15 Min

COOK TIME: 80 Min

CLASSIC
Comfort

INGREDIENTS:

Creamed Spaghetti squash:

- 2 tbsp salted butter
- 3 cloves garlic, minced or grated
- ½ tsp crushed red pepper flakes
- 1-2 tbsp chopped fresh sage, thyme,
or your favorite herbs
- 1 cup whole milk, nut milk, or coconut milk
- 12oz brie, cubed
- Kosher salt and black pepper, to taste
- 1 40oz pkg of imPASTA! spaghetti squash
rings (4 rings), with as much moisture
squeezed out as possible

Onions:

- 1 stick unsalted butter (melted)
- 1 quart water
- 1 tsp kosher salt
- 8-10 small onions (about 100g each)

Nutrition Facts per serving: Calories 238, Fat 17g,
Fiber 3g, Total Carbohydrates 16g, Sugar 7g

Tip to remove moisture from imPASTA!
Use a cheese cloth to squeeze the imPASTA! to remove
excess moisture. You won't believe how much there is!
This is an important steps or the dish will be watery.



Directions are on page 2

VEGGIES IN DISGUISE
imPASTA!
Foods



Herbed Brie imPASTA! with Braised Onions (continued)



DIRECTIONS: BRAISED ONIONS

1. Preheat the oven to 500 degrees F.
2. Halve the onions length wise and discard the papery/dry skin layers. Trim the tops and bottoms ensuring the onion stays together. Place in a baking dish where the onions are separated in one layer without overlapping each other.
3. In a bowl, whisk the melted butter, salt, and water. Once fully combined, pour over onions. Cover tightly with foil and bake for 40 minutes.
4. Remove the foil and turn the onions over. Make sure they stay intact. Baste the onions every 10 minutes while baking another 40-50 minutes. The onions are done when they are soft, browned on top and the sauce is reduced to a gravy.

DIRECTIONS: HERBED BRIE

1. Take the imPASTA! from the package and remove from exterior skin. Skin can be composted. Thoroughly shred the squash. The exterior of the squash is edible even if it doesn't shred well. Using your hands and or a cheesecloth, squeeze the excess moisture from the squash shreds. Spaghetti squash is over 90% water so you will be surprised how much comes out. This will not damage the squash strands.
2. In a medium skillet, melt 2 tbsp butter with the garlic. Cook until the garlic is fragrant, about 2 minutes. Add the crushed red pepper flakes, herbs, milk, and Brie. Season with salt and pepper. Bring to a gentle simmer over medium heat, stirring constantly until smooth and creamy. Remove from the heat.
3. Toss the squash in the cheese sauce and serve hot with onions on top. Drizzle extra gravy sauce and chopped herbs to garnish.