

Summer Spaghetti Squash Salad

INGREDIENTS

- 1-2 Celery Sticks
- ½ C Blueberries
- 1/3 C English Peas (or you can use previously frozen)
- 1 Green Pepper
- 1/2 C Diced Red Onion
- ¼ C Walnuts
- 6-8 Pitted Green Olives, Sliced
- Chopped Parsley
- 2-3 Green Onions
- Sea Salt
- Black Pepper
- Avocado oil

1. Slice the spaghetti squash in half lengthwise and discard the seeds in the middle.
2. Cook the spaghetti squash by filling a baking dish with 2 inches of water and placing the squash face down in the water. (Tip: try adding bone broth instead of water...gives the squash extra flavor!)
3. Place in oven at 400°F for 30-45 minutes until you can pierce the squash all the way through. Use a fork to comb the flesh of the squash, it should easily separate into spaghetti-like strands. After you've removed the squash, let it cool completely before adding it to the salad.
4. To assemble the salad, finely slice celery, dice green pepper and onion, and mix with blueberries, peas, walnuts, and green olives.
5. Add the squash and mix gently.
6. Lightly drizzle avocado oil to your liking as you continue to mix (I used about 2 tablespoons).
7. Season with sea salt, black pepper, chopped parsley and green onion.