



## Olive on Tap Pesto Spaghetti Squash

When making this meal for the first time, I wanted to use items I would normally incorporate with pasta, such as pesto and mushrooms. Combining all of these things together creates a wonderful dish that most people would enjoy; I know I did! Serve with some garlic bread. Enjoy!

INGREDIENTS: 1 spaghetti squash, halved lengthwise & seeded \* 3 tablespoons butter, divided \* 1 onion, sliced \* 1 cup kale, stems removed & leaves chopped, I like basil \* 4 white mushrooms, sliced \* 1 teaspoon garlic salt \* 1 teaspoon Italian seasoning \* 1 teaspoon red pepper flakes \* 1 teaspoon any **Olive on Tap Extra Virgin Olive Oil** \* 2 tablespoons prepared pesto  
1/4 cup grated Parmesan cheese

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Preheat oven to 400 degrees F. Grease a baking sheet. Place squash skin side down on prepared baking sheet. Bake until cooked through, about 1 hour. Remove from oven; cool for 10 minutes. Once squash is cool enough to handle, scrape flesh into string-like strands with a fork. Place in a bowl and set aside. Melt 1 tablespoon of butter in a large skillet over medium-high heat. Add onion; cook and stir until onion begins to turn translucent. Stir in kale and mushrooms; reduce heat to medium low. Stir in squash, remaining 2 tablespoons butter, garlic salt, Italian seasoning, and red pepper flakes; cook for 2 minutes. Remove from stove and place squash mixture in a large bowl. Stir olive oil and pesto into the squash mixture. Slowly add grated Parmesan cheese, stirring until evenly mixed.