



Spaghetti Squash and Lentil Bolognese

SERVING: 4

INGREDIENTS

- 1 medium spaghetti squash
- 1 cup cooked brown or green lentils
- 1/2 cup diced onions
- 1/2 cup diced carrots
- 1/2 cup diced celery
- 2 cups crushed tomatoes or tomato sauce
- 2 teaspoons Italian seasoning
- 1 teaspoon dried basil
- Olive oil for sautéing
- Salt and pepper to taste



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DIRECTIONS

- In a large pan, sauté onions, tomatoes, and bell peppers until softened.
- Add cooked chickpeas and stir in coconut milk.
- Season with curry powder, turmeric, and cumin to taste.
- Simmer until the sauce thickens and the flavors meld.
- Serve the curry over cooked quinoa for a gluten-free and protein-rich meal with a delightful curry flavor

Calories	Carbs	Protein	Fat	Fibers
250	45	12	2	8