

Southwestern Spaghetti Squash Salad

Dressing

- 2 ea Lime juice from fresh limes
- ¼ c.....Olive oil
- 1 tsp.....Cumin
- 3 drops.....Tabasco
- ¼ tsp.....Onion powder
- ¼ tsp.....Garlic powder
- 1 Tbs Chopped fresh oregano
- ½ tsp.....Kosher salt

Salad

- 1 ea.....Spaghetti squash
- 2 ea.....Diced tomatoes
- ¼ c.....Diced red onion
- ½ c.....Diced green chilies (I like Anaheim chilies but Jalapeno will do for a spicier punch)
- 2 Tbs.....Fresh Chopped Cilantro
- 1 head.....Romaine Lettuce



1. Bake spaghetti squash whole for 1 hour at 325°F and let cool.
2. While squash is baking mix dressing ingredients together and refrigerate.
3. Cut in half lengthwise.
4. With a fork, remove seeds and trash and then remove the meat of the squash and place in a bowl.
5. Toss salad ingredient together with the squash.
6. Add dressing.

I love spaghetti squash and when I tell this to people they always ask me what to do with it. Some people tell me that they mix it with spaghetti sauce, which is a great way to serve spaghetti to those of you who can't have gluten. I will also sauté with butter, diced green chilies and onions, and cumin.

I garnished this salad with slices of avocado and a sprig of cilantro and served it with grilled salmon. Try serving with grilled seafood, grilled chicken or grilled pork.

This is a great summer salad except for having to bake the squash in the oven so try cutting it in half and grilling it out on the grill until tender.

Be creative, have fun and enjoy!