

		P	F	C	
Spaghetti squash	1				
Avocado oil*	3 TBSP				
Basil	3/4 tsp				
Cardamon	1/4 tsp				
Cinnamon	1/4 tsp				
Garlic Powder	1/4 tsp				
Onion Powder	1/2 tsp				
Pepper	1/4 tsp				
Salt	1/2 tsp				
Yeast, Nutritional	3/4 tsp				

* High-temperature oil, can also use grapeseed

DIRECTIONS:

1. Pre-heat the oven to 400°F and arrange a rack in the middle.
2. Mix ingredients
3. Cut the squash in half lengthwise and scrape out the seeds. Cut into smaller pieces if desired. Poke inside of pieces with a fork.
4. Brush the flesh with the oil-spice mixture
5. Place the squash halves cut-side up on a baking sheet and roast until fork tender, about 50 minutes.