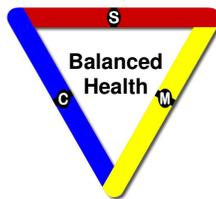


Natural Health Center

The Art & Science of Natural Healthcare



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Gluten-Free Spaghetti

Ingredients:

1 spaghetti summer squash (*rice or corn noodles can be used instead if preferred*)

Sauce:

4 tablespoons of olive oil
1 lb. of ground turkey, sirloin or buffalo
1-28 oz. can of diced tomatoes
½ teaspoon of thyme
1 red pepper, diced
1 medium onion or 1 bunch of shallots diced
½ cup of pesto
1 tablespoon of minced garlic
salt & pepper to taste

Pesto:

2 cups of fresh basil *OR* 1 cup of dried basil
¼ cup of walnuts, pecans or almonds
½ cup of olive oil
¼ cup grated Parmesan cheese
1 heaping tablespoon of minced garlic

Prepare the spaghetti squash: *If rice or corn noodles are used prepare them as you would regular wheat based pasta and follow the pesto and sauce portion of this recipe.* Slice in half the long way. Clean out seeds. Place one/half of the squash on a plate and cover the bottom of the plate with ¼ inch of water. Cover with plastic wrap and place in the microwave for 15 minutes. When finished cooking, let stand until sauce is complete.

Prepare the Pesto: Place all ingredients in the blender or food processor and mix until thick and smooth.

Prepare the sauce: Pour 4 tablespoons of Olive Oil in a deep sauce pan. Sautee peppers and garlic for about 5 minutes. Add turkey. Crumble the turkey as it browns in the pan. Add ½ of prepared pesto. Season with thyme. Salt a pepper to taste. Simmer until sauce becomes thick: 15-20 minutes.

Scrap the squash out of the shell and place in a bowl. Serve sauce over cooked squash, rice or corn noodles.