VEGAN ALFREDO SPAGHETTI SQUASH WITH BROCCOLI

Makes 4 servings

Ingredients

For the vegan Alfredo sauce:

1.5 C cashews soaked in 2 cups boiling water for 5 minutes, then drained.
1/2 chopped onion
6 garlic cloves minced
1 TBS olive oil
1/4 C nutritional yeast
Juice of 1/2 a lemon
Salt to taste
2 C unsweetened almond milk

For the squash boats:

2 medium spaghetti squash
1 bag broccoli florets, steamed then coarsely chopped
6 sun dried tomatoes, coarsely chopped

Directions

1. Combine all sauce ingredients in a food processor and blend until it becomes a smooth and thick consistency. Add salt to taste, then warm in a saucepan over low heat.

2. Set the oven to 425. Pierce the squash all around with a knife then bake on a baking sheet for 60 minutes. Let the squash cool then cut each in half, remove the seeds and then shred with a fork, transferring the "spaghetti" to a bowl. Save the squash bowls for serving.

3. Mix broccoli florets, tomatoes, spaghetti squash and Alfredo sauce in a bowl, then add salt to taste. Spoon mixture evenly in each of the four squash bowls and sprinkle with a non-dairy cheese (I like Trader Joe's Almond milk shredded mozzarella). Place squash bowls on a baking sheet and broil on high for 5-8 minutes or until the cheese starts to melt and brown.Serve and enjoy!