



OVEN BAKED SPAGHETTI SQUASH FRITTERS

INGREDIENTS

1 medium-size spaghetti squash

2 eggs

1/8 cup yellow onion, finely minced

1/4 tsp sea salt

1 tbsp coconut flour (you can make the fritters without coconut flour but be very careful when flipping them around, they fall apart easily!)

they go well with:

unsweetened applesauce or homemade applesauce / smoked salmon, chives, fermented cream or homemade yoghurt

INSTRUCTIONS

Using a sharp knife, cut the spaghetti squash lengthwise from the stem to the base and scrape out the seeds with a spoon. Brush the inside surface with olive oil and sprinkle with salt then place it cut-side down on a lined baking sheet. Bake at 350 °F for 40 to 50 minutes until the spaghetti strings come apart easily when pierced with a fork. Remove from the oven and let cool until it can easily be handled. Scrape out the spaghetti strings using a fork and add to a bowl.

Add the eggs, sea salt, coconut flour, minced onions to the bowl and stir until well combined.

Line a large baking sheet with parchment paper and using two spoons add a heaped tablespoon of spaghetti squash mixture then spread into a 2" circle. Continue with the rest of the mixture.

Place the fritters into the oven and bake at 350 °F for 25 minutes, carefully flip them over after half of the time.

Serve immediately with unsweetened applesauce or smoked salmon, fermented cream or dripped homemade yoghurt and dill.

Guten Appetit!