

- ✓ Plant Based
- ✓ Keto
- ✓ Paleo
- ✓ Whole 30
- ✓ Gluten-Free
- ✓ Dairy-Free
- ✓ Vegetarian
- ✓ Vegan

ALREADY  
Spaghetti™

*Quick and delicious!*

## Oniony Already Spaghetti

WEEKNIGHT  
WONDERS

SERVES: 4 (side) 2 (entrée)

PREP TIME: 2 Min

COOK TIME: 10 Min

### INGREDIENTS:

- 2 Already Spaghetti rings - shredded
- 1 tbsp extra virgin olive oil, coconut oil or avocado oil
- 1 large yellow or Vidalia onion - sliced in very thin rings
- Salt and black pepper, to taste

Nutrition Facts per serving: Calories 68, Fat 4g, Fiber 2g, Total Carbohydrates 9g, Sugar 4g

### DIRECTIONS:

1. Using a mandolin, slice the onions as thin as possible. Leave them in rings so they mimic the spaghetti squash noodles.
2. Heat your choice of oil in pan. Add onions and cook on medium heat until soft and then lower heat and let get very soft. Season with salt and pepper.
3. A few minutes before serving, add Already Spaghetti spaghetti squash noodles. Stir until well combined. Serve when warm.

**Helpful hint:** Already Spaghetti comes al-dente so be careful not to overcook!

