

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

ALREADY
Spaghetti™

Flavorful and delicious!

Already Spaghetti with Caper Butter

SERVES: 4 (side) 2 (entrée)

PREP TIME: 5 Min

COOK TIME: 5 Min

INGREDIENTS:

2 Already Spaghetti rings - shredded
¼ cup unsalted butter*
4 cloves garlic, minced
3 tbsp capers
1 tsp red pepper flakes
Salt and pepper, to taste

Optional toppings:

Chicken or any protein, parmesan
cheese (pictured)

*substitute vegetable margarine to make this
recipe dairy-free and vegan!

DIRECTIONS:

1. Melt the butter or margarine in small
saucepan over medium-low heat.
2. Add garlic and allow to sizzle but not burn.
3. Add capers and red pepper flakes for
30 – 60 seconds.
4. Remove from heat and transfer to the
serving dish quickly so the garlic does not
over-cook.
5. Toss the warmed or room temp Already
Spaghetti in with the melted butter.
6. Finish with your favorite optional topping
and serve.

Nutrition Facts per side serving: Calories 133, Fat 12g,
Fiber 1g, Total Carbohydrates 7g, Sugar 3g

WHEAT-
FREE
WEDNESDAY

