

Green Spaghetti

Serves 12

Ingredients

NUT SAUTE

- 2 cup *Pistachios* chopped
- 2 *Onions* diced
- Seasoning: *Oregano, Garlic, Basil* (*italian seasoning*)

RAW SAUCE

- 6 soft *Avocados*
- 4-6 *Garlic Cloves*
- 4 tbsp *Olive Oil*
- ½ cup *Nutritional Yeast*
- 2 cups *Plant-Based Milk*
- Fresh Herbs: *Oregano, Basil*

GREENS

- 2 cup *Peas*
- 2 cup *Broccoli* chopped

SPAGHETTI

- 2 boxes *Gluten-Free Spaghetti*

Instructions

SPAGHETTI

1. Set a large pot of water to boil based on box instructions
2. Add ***Gluten-Free Spaghetti*** to boiling water and turn to medium heat.
3. Cook ***Spaghetti*** based on box instructions or desired texture.
4. Drain ***Spaghetti*** when ready to serve

NUT SAUTE

5. Dice ***Pistachios and Onion***
6. Heat skillet to medium-low and add **chopped *Onion*** - cover with a lid and cook onions until they start to sizzle and sweat
7. Add **chopped *Pistachios and Seasonings*** to the skillet and cook with **chopped *Onion*** for 3-5 minutes with lid on.
8. Turn off and leave ***Nut Saute*** in a skillet with lid on until ready to serve.

RAW SAUCE

1. Open and scoop out ***Avocado*** then add into the blender.
2. Open and add ***Garlic Cloves*** to the blender.
3. Measure out ***Nutritional Yeast and Olive Oil*** and add to the blender.
4. Add **Fresh *Oregano and Basil*** to the blender.
5. Add **1 cup *Plant-Based Milk*** to the blender and blend.

6. Add **1 cup of Plant-Based Milk** or more until you reach the desired consistency.
7. Add to **Spaghetti** when ready to serve.

GREENS

1. Defrost **Peas and Broccoli** in separate bowls with hot water.
2. Chop **Broccoli** into small bite sized pieces.
3. Set aside **Peas and Broccoli** until ready to serve.

SERVING

1. Pour **Raw Sauce** over the **Spaghetti**, add the **Nut Saute and Greens**, and stir until well mixed.

SERVE & ENJOY! 😊

Recipe made for *Feel Better Eating* with love from *Feel Better Living*

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