

Cold Summer Squash



Prep Time

40 min

Prep Notes

Preheat oven to 400

Cut Squash in half and scoop out the seeds

Put cut side down in a baking dish with enough water to cover the bottom of the dish

Cook for 30-40 min at 400, until soft

Cooking Time

30-40 minutes

Yields

8 servings

Ingredients

Broccoli

onion

red peppers

tempeh

walnuts

Directions

Lightly cook the veggies in coconut oil

Stir fry or bake the tempeh separately (I like to have the tempeh sit in a marinade first)

When the squash is done cooking, scoop out the insides, should be a spaghetti like consistency.

Put into a serving bowl and then add the veggies.

Cut up the tempeh and add to the dish or serve on the side.

Add any seeds or nuts to give it some crunch.

You can serve immediately warm or put in the fridge and serve it cold out at the lake for a quick no bake lunch

Enjoy

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