

## spiced squash pancakes

MAKES 12 ■ ACTIVE TIME: 40 MIN ■ TOTAL TIME: 40 MIN

Plain yogurt mixed with chopped fresh cilantro is delicious alongside these pancakes.

- 1 tablespoon extra-virgin olive oil
- 3 shallots, minced
- 2 small jalapeños, seeded and minced
- 3 tablespoons minced peeled fresh ginger
- ¾ teaspoon ground cumin
- ¾ teaspoon ground coriander
- coarse salt and ground pepper
- 3 cups Roasted Spaghetti Squash (page 111), patted dry
- 2 large eggs, lightly beaten
- ¼ cup all-purpose flour (spooned and leveled)
- nonstick cooking spray

**1** Preheat oven to 275°. In a large nonstick skillet, heat oil over medium-high. Add shallots, jalapeños, and ginger and cook, stirring, until softened, 7 minutes. Stir in cumin and coriander and cook until fragrant, 1 minute. Season with salt and pepper. Let cool slightly, 5 minutes.

**2** Transfer to a large bowl and stir in squash, eggs, and flour. Wipe out skillet, then lightly coat skillet with cooking spray; heat over medium. In batches, add batter in ¼ cupfuls to skillet and cook until pancakes are golden brown, 6 to 8 minutes, flipping halfway through. Transfer pancakes to oven to keep warm; repeat with remaining batter.

per 3 pancakes: **178 cal**; 7 g fat (1 g sat fat); 7 g protein; 25 g carb; 3 g fiber



**TRY THIS**  
Serve this versatile side dish alongside baked pork chops or chicken.



## roasted squash with parmesan and herbs

SERVES 6 ■ ACTIVE TIME: 15 MIN ■ TOTAL TIME: 15 MIN

- 2½ tablespoons unsalted butter
- 2 shallots, diced small
- 2 garlic cloves, minced
- 1 teaspoon chopped fresh thyme leaves
- ¾ teaspoon chopped fresh rosemary leaves
- 6 cups Roasted Spaghetti Squash (page 111)
- ¼ cup chopped fresh parsley
- 2 tablespoons grated Parmesan
- coarse salt and ground pepper

In a large nonstick skillet, melt butter over medium. Add shallots and garlic and cook until softened, 7 minutes. Stir in thyme and rosemary and cook until fragrant, 1 minute. Add squash and toss to combine. Cook until warmed through. Stir in parsley and Parmesan and season with salt and pepper.

per serv: **108 cal**; 6 g fat (3 g sat fat); 2 g protein; 14 g carb; 3 g fiber