

Please be advised that not all of the recipes are appropriate for all people.
If you have specific dietary restrictions and are unsure if a recipe works for you, please contact us.

Spaghetti Squash Breakfast Cups

(www.myheartbeets.com)

Ingredients:

- 1 lb ground pork
- 1 tbs Organic Season Salt, adjust to taste
- 1 medium to large spaghetti squash (4 cups spaghetti strands, packed)
- 4 eggs, whisked

Instructions To Make Breakfast Cups:

- Cook your spaghetti squash (see oven method below).
- In a skillet, brown the ground pork with seasoning.
- In a bowl, combine spaghetti squash strands and pork. Taste to check for seasoning, then mix in the whisked eggs. (I added an additional ½ tsp seasoning salt at this step)
- Scoop this mixture into a greased muffin pan and bake at 350 for 25-30 minutes.

To prepare squash using the oven method

- Preheat oven to 375.
- Cut the squash in half, scoop out the seeds, and add a little oil, salt and pepper to cut sides.
- Place squash cut side down in a baking dish.
- Bake for 45 minutes or until you can easily pierce the skin with a knife (cooking time depends on size of squash).