

# Homegrown Favourites

We're sharing some of our own personal favourite recipes fresh from the kitchens of RBG staff and volunteers. Bon appétit!



VEGAN  
GLUTEN-FREE

## Spaghetti Squash Salad

### INGREDIENTS

1 medium spaghetti squash  
2-3 carrots  
2 green onions  
1 yellow or orange bell pepper  
1 zucchini  
1 pint cherry or grape tomatoes  
2-3 cloves of garlic  
3-4 dill pickles  
3 Tbsp. pickle juice  
1 Tbsp. lime juice  
2 Tbsp. olive oil  
(try lemon-infused oil)  
1 bunch fresh (or 2 tsp. dry) basil  
Salt and pepper to taste  
1 large handful baby spinach or  
field greens  
¼-½ cup crumbled feta cheese  
(optional)

### DIRECTIONS:

1. Stab squash deeply 4-5 times with a knife or fork, place on baking pan in oven at 350 °F for 1 hour. Cut in half and allow to cool enough to handle.
2. Remove seed centre from squash halves. Using fork, scrape the spaghetti squash strands into a large container.
3. Wash all veggies. Slice the carrots very thinly (julienned or using a peeler), slice the green onions, dice the bell pepper and zucchini, mince or press the garlic, cut the pickles into small cubes. Prep any additional optional veggies of your choice.
4. Add all veggies (except spinach), pickles, olive oil, lime juice, pickle juice, basil, and salt and pepper. Toss well.
5. Cover and let sit in fridge for at least 4 hours to absorb flavours.
6. Before serving, toss in spinach (torn into smaller pieces) and top with feta (if desired).

**From the kitchen of:**  
Jennifer Dick

*A tried and true favourite summer salad that is a great gluten-free substitute for pasta salad. I love playing with the colours by using heirloom carrots and tomatoes. I also like to add in extra seasonal veggies from my garden or the farmer's market. This salad turns out well every time!*



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