

## Lemon Garlic Pasta

Yields 4 Servings\*

### Ingredients:

- 12 oz frozen spaghetti squash noodles, defrosted, or favorite lower protein noodles
- 2 tablespoons vegan butter
- 2 tablespoons olive oil
- 4 garlic cloves, minced
- ½ cup vegetable broth
- 1 teaspoon dried parsley
- ½ – 1 teaspoon red pepper flakes (more or less to taste)
- 1 lemon, zested and juiced
- Salt and pepper to taste

### Instructions:

Heat a skillet over medium high heat. Add the butter and olive oil, allowing butter to melt.

Add garlic and cook about 1-2 minutes, stirring and making sure not to burn.

Add the vegetable broth, lemon juice and zest, red pepper flakes and parsley. Allow mixture to come to a simmer.

Add in spaghetti squash noodles, cook noodles 1-2 minutes to absorb the sauce, and finish with salt and pepper.

Kcal: 137

Protein: 1 g

\* Nutritional information is per serving as calculated using Nutritionist Pro. All values are approximate based on availability of information at time of analysis.

© 2021 Aeglea BioTherapeutics. All rights reserved.

[aeglea.com](http://aeglea.com)

**aeglea**<sup>™</sup>