

Spaghetti Squash Primavera



Personal Chef Service

Low carb, low fat, lots of flavor and good for you

Serves 4

2 spaghetti squash	1/4c onion, chopped	1 ~ 14 1/2oz can tomatoes
2T olive oil	1 red bell pepper, diced	1c spinach, fresh, chopped
1 garlic clove, minced	1 yellow squash, sliced	1/2 broccoli florets
2T sun~dried tomatoes, chopped	6 baby carrots, cut in half	1t basil, dried
1/4c mushrooms, sliced	2 celery stalks, sliced	1/2c Parmesan, grated

Preheat oven to 400. Prick spaghetti squash all over with knife. Bake 35~45 minutes or until done.

Heat olive oil in large sauté skillet. Add all vegetables and basil and sauté until cooked but still crisp.

Scrape out seeds of spaghetti squash and scrape spaghetti into large bowl. Top with sautéed vegetables and garnish with grated Parmesan.

Prepare Ahead Tip

Prepare as directed and place in freezer~friendly containers with tight lids. Freeze. Thaw overnight in refrigerator day before consumption. Preheat oven to 300. Allow container to sit at room temperature 30 minutes. Bake, covered, 20~25 minutes or until warmed throughout..

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