



Spaghetti Squash Supreme

Spaghetti squash is a fun vegetable. It may seem intimidating but it's a cinch to prepare. It may be prepared ahead and heated when needed. Enjoy!

Ingredients

- 1 spaghetti squash
- 2 c. broccoli flowerettes
- 1 c. zucchini cubes, unpeeled
- salted water
- 1 c. sliced carrots
- 1c. cherry tomatoes, halved
- 2 tbsps butter
- 1/2 c. chopped green onion
- pinch salt
- dash pepper
- grated parmesan cheese, good sprinkle

Preparation

Pierce skin of squash in 6 or 7 places. Set on oven sheet and bake in 350F oven for 1 hour, until shell feels a bit soft. Remove from oven. Cool for 15 minutes. Cut in half lengthwise. Discard seeds. Using a fork, lift spaghetti strands with a scraping motion into colander to drain.

Cook broccoli and zucchini in salted water for 1 minute. Cool under cold running water. Drain

Cook carrot slices in salted water 5 to 6 minutes. Cool under cold running water. Drain. Add to broccoli and zucchini.

Add cherry tomatoes to vegetables.

Melt butter in frying pan. Add onion, salt and pepper. Sauté until soft. Add squash strands and vegetables. Sauté until heated through.

Add cheese. Toss together. Serves 6.

NOTE: To cook the spaghetti squash a different way, cut squash in half lengthwise. Remove seeds. Place cut sides down in large saucepan. Pour 2 inches water in pan. Boil covered for about 20 minutes. Drain. Scrape with fork.