

Spaghetti Squash Primavera

INGREDIENTS

4 SERVINGS

TIME: 1 HOUR

- 1 medium spaghetti squash
- 1 red bell pepper, diced.
- 1 zucchini, sliced into half-moons.
- 1 yellow squash, sliced into half-moons.
- 1 cup cherry tomatoes, halved.
- ½ cup red onion, sliced
- 2 tablespoons fresh parsley, finely chopped
- 5 tablespoons olive oil, divided
- 1 teaspoon Italian seasoning
- ½ teaspoon garlic powder
- 1/4 teaspoon salt, divided, to taste
- ¼ teaspoon pepper, divided, to taste
- 3 garlic cloves, minced.
- ½ teaspoon red pepper flakes, optional
- ½ cup low-fat Parmesan cheese grated



Adapted:
recipestime.com

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PROCEDURE

1. **Roast the Spaghetti Squash:** Preheat oven to 400°F. Cut spaghetti squash in half lengthwise and scoop out seeds. Drizzle with 1 tablespoon of olive oil and season with 1/8th teaspoon salt and pepper, or to taste. Place cut-side down on a baking sheet and roast for 30-45 minutes, or until tender and easy to shred.
2. **Roast the Vegetables:** Toss chopped red bell pepper, zucchini, cherry tomatoes, and red onion with 2 tablespoons of olive oil, garlic powder, salt, and pepper. Spread evenly on a baking sheet and roast for 20 - 25 minutes, stirring halfway through.
3. **Prepare Sauce:** Heat 2 tablespoons of olive oil in a skillet over medium heat. Add minced garlic and red pepper flakes, if using. Sauté for 1 - 2 minutes, or until fragrant. Remove from heat and set aside.
4. **Assemble:** Use a fork to shred the spaghetti squash into strands and place strands in large serving bowl. Add roasted vegetables and drizzle olive oil - garlic sauce over the mixture. Toss to coat evenly. Top with parmesan cheese and serve!



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