

Spaghetti Squash Primavera

A colorful vegetable-packed pasta alternative that's full of fiber and flavor. The mix of broccoli, carrots, zucchini, and tomato sauce makes it a hearty and healthy main dish.

Makes: 6 Servings
 Prep Time: 10 minutes
 Cook Time: 25 minutes

Source: jsyfruitveggies.org

Ingredients

- 1 spaghetti squash, cooked
- 2 cups broccoli florets
- 3 carrots, sliced
- 1 zucchini, sliced
- ½ cup sliced onion
- 3 cloves garlic, minced
- 3 cups tomato puree or crushed tomatoes
- 1 tsp dried oregano

Directions

1. Remove seeds from cooked squash. Full a fork through the flesh to form long strands. Place in a large bowl and keep warm.
2. In a large frying pan or pot, heat 1 cup water over medium heat.
3. Add broccoli, carrots, zucchini, onion, and garlic. Cover and cook 5 minutes or until vegetables are soft.
4. Uncover and cook until most of the liquid has evaporated, about 5 minutes
5. Add tomato puree and oregano. Cook on low heat for 15 minutes, stirring often.
6. Serve sauce over spaghetti squash strands and enjoy!



Small Changes,
 BIG Difference!



Nutrition Information

Serving Size: 1/6 of recipe	
Nutrients	Amount
Calories:	130
Total Fat:	1g
Saturated Fat:	0g
Cholesterol:	0mg
Sodium:	180mg
Total Carbohydrates:	27g
Dietary Fiber:	5g
Total Sugars:	10g
Added Sugars:	0g
Protein	4g

Utensils Needed

- Sharp knife
- Cutting board
- Large bowl
- Fork
- Mixing spoon
- Measuring spoons
- Measuring cups
- Large pot or skillet with lid



SHOPPING LIST

Average total cost without oil and seasonings: \$12.04

Average cost/serving: \$2.01

Makes: 6 Servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location.

Ingredients



Add 1 to Cart
Spaghetti squash



Add 1 to Cart
Garlic



Add 1 to Cart
Broccoli



Add 1 to Cart
Zucchini



Add 1 to Cart
Carrots



Add 1 to Cart
Tomato puree



Add 1 to Cart
Onion

SAVE TIME, SAVE MONEY

My Cooking Notes

Chef's Notes

- Use whatever vegetables you have on hand. Cauliflower, peas, or spinach work well
- Add a sprinkle of Parmesan or herbs before serving
- Serve as a main dish or as a colorful side dish

