

SPAGHETTI SQUASH SUPREME

A fun vegetable. It may seem intimidating but its a cinch to prepare. May be prepared ahead and heated when needed.

Spaghetti squash	3 lbs.	1.35 kg
Broccoli flowerettes	2 cups	500 mL
Zucchini cubes, unpeeled	1 cup	250 mL
Salted water		
Sliced carrots	1 cup	250 mL
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Cherry tomatoes, halved	1 cup	250 mL
Butter or margarine	2 tbsp.	30 mL
Chopped green onion	½ cup	125 mL
Salt	¾ tsp.	4 mL
Pepper	¼ tsp.	1 mL

Grated Parmesan cheese, good sprinkle

Pierce skin of squash in 6 or 7 places. Set on oven rack and bake in 350°F (180°C) 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 onto paper towels 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 boil, cut squash in half lengthwise. Remove seeds. Place cut sides down in large saucepan. Pour 2 inches (5 cm) water in pan. Boil covered for about 20 minutes. Drain. Scrape with fork.