

Chef Carol D's Vegetable Red Sauce with Spaghetti Squash

Ingredients:

- 1 Spaghetti squash
- 1 jar (24 oz.) low sodium pasta sauce
- ½ cup diced blanched carrots
- ½ cup blanched broccoli
- ½ cup diced onions
- ½ cup diced mushrooms (optional)



For the sauce:

Empty jarred sauce into a sauce pan & simmer. Dice carrots, broccoli, onions and mushrooms into bite size pieces. Add onions and mushrooms to sauce. Blanch carrots & broccoli and set aside.

*To blanch broccoli and carrots: Fill a separate medium bowl with ice water & set aside. Bring water in a medium sauce pan to a boil, then add broccoli. After about 30 seconds, scoop broccoli out of boiling water and immediately put into ice bath to stop the cooking process. After 15 seconds, remove broccoli from ice bath and put onto paper towel or a separate bowl. Repeat for carrots, letting carrots boil for slightly longer, about 1 minute. Vegetables should be firm, not mushy. Broccoli will turn a bright green color and carrots a beautiful orange color.

For the Spaghetti Squash:

Preheat oven to 400°F. Cut Spaghetti squash lengthwise and clean out seeds. Place squash cut sides down in a baking dish filled with about 1 inch of water into oven for 30-45 minutes. Squash is done when fork easily pierces squash from underside of skin. Remove from oven and let cool slightly.

With a fork, gently scrape up and down inside of squash halves releasing squash from skin. Place “spaghetti noodles” into another bowl

Just before serving, mix broccoli and carrots into red sauce. Ladle sauce over spaghetti squash and garnish with parmesan cheese. Add a salad, garlic toast and enjoy! (Serves 4)