

PRIMAVERA SPAGHETTI SQUASH

Ingredients

SQUASH

- 1 spaghetti squash
- 2 tbsp olive oil
- 1 tsp salt
- 1 tsp pepper

FILLING

- 1 tbsp olive oil
- 1 tbsp garlic
- ½ c onion, diced
- 1 c mushrooms, sliced
- 1 c broccoli
- 1 c asparagus, chopped
- ½ c squash, sliced
- ½ c cherry tomato, halved
- 1 tsp salt
- 1 tsp pepper
- ½ c milk
- ¼ c parmesan cheese

Instructions

- Preheat oven to 400 degrees
- With a sharp knife slice the squash in half. If the squash is too tough, puncture in several places forming a dotted line around the squash. Microwave for 3-5 minutes soften. Allow to cool before cutting in half.
- Scoop out the seeds, brush with oil, and sprinkle with salt, and pepper. Bake for 40-45 minutes or until a fork can easily pierce the skin
- Meanwhile, in a pan combine oil, garlic and onion over medium heat, and sauté until onions are translucent
- Add mushrooms and cook for 3 minutes. Add the broccoli, asparagus, squash, tomatoes, salt and pepper and cook until almost cooked through
- Add the milk until warmed through. Add the parmesan and mix until evenly spread throughout vegetables. Add the lemon juice & stir to combine
- Remove squash from the oven, with a fork pull at the edges to produce that stringy “spaghetti” quality
- In the pan combine “spaghetti” with vegetables. Return to the squash and top with parmesan

Gluten-Free

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