

SQUASH RIBBON PASTA

INGREDIENTS

	Kosher salt
8 oz	Whole wheat spaghetti OR Quinoa spaghetti
1	Yellow squash
1	Zucchini
	Black pepper
1 T	Olive oil
1 C	Cherry tomatoes (cut in 1/2)
4 cloves	Garlic (minced)
Pinch	Red pepper flakes (crushed) (optional)
1/2 C	Trader Joe's low-sodium vegetable broth
2 T	Chives (if fresh - chopped)
	Non-stick cooking spray

DIRECTIONS

- 1 Bring a large pot of salted water to boil
- 2 Add the spaghetti & cook according to package directions for al dente
- 3 While the pasta cooks, cut the top & bottom off of each squash
- 4 Peel the squash in ribbons into a colander turning the squash as you peel
- 5 Stop peeling the squash when you only have the center core of seeds left
- 6 Discard the core and seeds
- 7 Reserve 1/4 cup of the pasta water & then drain the pasta over the squash ribbons
- 8 Put in a medium bowl & toss to evenly distribute the pasta with the squash ribbons.
- 9 Add tomatoes, garlic & pepper flakes to a sauce pan sprayed with non-stick cooking spray
- 10 Cook on a medium heat until tomatoes have softend & the garlic is toasted (1 minutes)
- 11 Add the pasta, squash ribbons, broth & olive oil
- 12 Cook, tossing until ingredients are warm & most of the liquid has been absorbed.
- 13 If the spaghetti seems dry, add the pasta water a bit at a time
- 14 Season with additional salt & pepper
- 15 Top with chives

