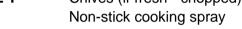
## **ZUCCHINI & SQUASH RIBBON PASTA**

## INGREDIENTS

	Water
Pinch	Salt
8 oz	Whole wheat spaghetti <b>OR</b> your gluten-free choice of spaghetti
1	Yellow squash (cut off top & bottom)
1	Zucchini (qut off top & bottom)
	Salt & 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	Vegetable broth (low-sodium)
2 T	Chives (if fresh - chopped)









## DIRECTIONS

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

