

ZUCCHINI & SQUASH RIBBON PASTA

INGREDIENTS

- Water
- Pinch** Salt
- 8 oz** Whole wheat spaghetti **OR** your gluten-free choice of spaghetti
- 1** Yellow squash (cut off top & bottom)
- 1** Zucchini (cut 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)
- Non-stick cooking spray



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

