

## Spaghetti Squash Medley

'We raise spaghetti squash in our garden, and I enjoy coming up with different ways to use it,' writes Wanda Ivan of Salina, Kansas. 'We like the colorful mix of tomatoes, carrot, broccoli and snow peas in this microwave dish.'

Prep Time: 30 Minutes

Ready In: 30 Minutes

Yields: 5 servings

### INGREDIENTS:

1 medium spaghetti squash  
2 cups chopped seeded tomatoes  
1 tablespoon olive or canola oil  
1 garlic clove, minced  
2 tablespoons minced fresh basil  
1/2 teaspoon salt  
1/4 teaspoon pepper  
1 1/2 cups fresh broccoli florets  
1 large carrot, thinly sliced  
2 tablespoons water  
2 ounces fresh or frozen snow peas, sliced  
2 tablespoons grated Parmesan cheese

### DIRECTIONS:

1. Pierce squash six times with a sharp knife. Place on a microwave-safe plate; microwave on high for 7 minutes. Turn squash; cook 7 minutes longer. Cover with an inverted bowl; let stand for 10 minutes.
2. Meanwhile, combine the tomatoes, oil and garlic in a microwave-safe bowl. Heat, uncovered, on high for 2-3 minutes or until tomatoes are softened, stirring once. Stir in the basil, salt and pepper. Place broccoli, carrot and water in another microwave-safe bowl. Cover and microwave on high for 2 minutes. Add peas; cover and cook 1-2 minutes longer or until vegetables are tender. Let stand for 5 minutes; drain. Add to tomato mixture.
3. Halve squash lengthwise; remove seeds. Using a fork, separate squash into strands; toss with tomato mixture. Serve with Parmesan cheese.