

Herbaceous Spaghetti Squash Primavera



Tender spaghetti squash noodles meet a vibrant mix of seasonal veggies in a delightful herb sauce - a healthy, gluten-free twist on classic primavera. – makes about 4 servings –

Ingredients:

- 1 medium spaghetti squash
- 2 tbsp olive oil
- 1 small onion, diced
- 2 cloves garlic, minced
- 1 zucchini, sliced
- 1 red bell pepper, diced
- 1 cup cherry tomatoes, halved
- 1/2 cup vegetable broth
- 1 tsp dried basil
- 1 tsp dried oregano
- Salt and pepper to taste
- Grated Parmesan cheese for serving

Instructions: 1. Preheat oven to 400°F. Cut squash in half, remove seeds, place face down on baking sheet. Bake for 40 mins. 2. Heat oil in a large pan, sauté onion and garlic until fragrant. Add zucchini, bell pepper, tomatoes; cook until tender. 3. Using a fork, shred squash to create spaghetti-like strands. Add to the veggie mixture in the pan. 4. Pour in broth, sprinkle with basil, oregano, salt, pepper. Stir to combine. Cook for a few more minutes. 5. Serve warm with a sprinkle of Parmesan cheese.

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For more delightful recipes like this one, please refer to the cookbook mentioned below. Additionally, consider hiring Chef Linda for personalized menu creations tailored to your preferences. For more information, please follow the links provided.



[Recipe from: Beyond Keto Diet: Almost Keto Meal Planning Made Easy: A Step-By-Step Guide To Shedding Pounds](#)