

****Squash Veggie Bake:** Follow above steps for squash (save squash shells) and set squash aside. In a large skillet, saute some shallots, garlic and onion in a generous amount of olive oil for about 3 to 5 minutes. Add cubed or large diced assorted vegetables. I use carrots, celery, squash, zucchini, broccoli, and asparagus. Add salt and pepper and saute until tender. Stir in spaghetti squash, 1 cup sauce, fresh chopped tarragon, and salt and pepper. Using the hollow spaghetti squash shells as your bowl, scoop some sauce to cover bottom. Fill shell with vegetable mixture. Top with a generous amount of sauce. Slice fresh mozzarella cheese on top and place under broiler until bubbly and brown. Drizzle a little more sauce on top. You can also prepare in individual ramekins. This is delicious!

Spaghetti with Roasted Asparagus

Traci Horany

1 ¼ lbs. fresh asparagus, trimmed	¼ tsp. dried thyme
½ lb. whole wheat spaghetti	¼ tsp. red pepper flakes
1 Tbsp. olive oil	Grated zest and juice of 1 lemon
3 cloves garlic, minced	1 tsp. garlic salt

Spread asparagus on a large rimmed baking sheet sprayed with nonstick spray. Season with salt and pepper to taste. Roast at 425° until lightly charred and tender, about 12 to 14 minutes. When cool enough handle, cut into 1-inch pieces.

Meanwhile, cook spaghetti according to package directions. Mix the oil, garlic, thyme, and red pepper flakes in a microwavable bowl; microwave on high just until warm and fragrant, 30 to 40 seconds. Stir in lemon zest, juice, and salt.

Drain spaghetti, reserving ¼ cup cooking liquid. Toss the spaghetti, asparagus, and oil mixture in a bowl with enough of the reserved liquid to evenly moisten the spaghetti. *This would also be good with grilled chicken added!*