



Spaghetti Squash with Vegetables



This recipe calls for:

Tomato, Garlic & Onion Sauce

Traditional Sauce

Prep time

10 minutes

Cook time

15 minutes

Servings

4

Ingredients

- 1 spaghetti squash, (about 4 lbs.)
- 1 Tbsp. olive oil
- 1 small onion, chopped
- 1 small red bell pepper, chopped
- 1 small yellow squash, chopped
- 1 jar RAGÚ® Tomato Garlic & Onion Sauce

Instructions

1. Pierce squash with knife 5 or 6 times. Arrange squash on paper towel in microwave and

microwave at HIGH 15 minutes or until soft, turning over halfway through cooking. Cut in half; remove and discard seeds. With fork, gently scrape squash to pull apart spaghetti-like strands.

2. Meanwhile, heat olive oil in a large nonstick skillet over medium-high heat and cook onion, red pepper and yellow squash 5 minutes, stirring occasionally, or until vegetables are tender. Add sauce and simmer 4 minutes, stirring occasionally.
3. Serve sauce mixture over spaghetti squash and garnish, if desired, with grated Parmesan cheese.