

**TOTAL TIME**

55 minutes

**PREP TIME**

10 minutes

**COOK TIME**

45 minutes

**SERVES**

2

**COOKING LEVEL**

Easy

**RECIPE | TOMATOES**

# TOMATO ASPARAGUS SPAGHETTI SQUASH

**INGREDIENTS**

1 pint Pure Flavor® Juno Bites Red Grape Tomatoes  
1 medium spaghetti squash, halved and seeded  
4-6 asparagus, chopped in thirds  
2 cups frozen peas  
3 cloves garlic, sliced  
½ cup basil, chopped  
4-6 asparagus spears, chopped in thirds  
1 tsp olive oil  
Salt and Pepper

**DIRECTIONS**

1. Preheat oven to 400°F. Cut squash in half, lengthwise. Scoop out any seeds.
2. Lightly drizzle olive oil and sprinkle salt and pepper to taste. Then, turn over squash and poke holes in the skin using your fork.
3. Cook squash in the oven, faced down, for 45 minutes, or until lightly browned on the outside.
4. Bring a pot of water to a boil and add asparagus. When the asparagus turns bright green, strain and add them to a bowl filled with cold water and ice for 5 minutes.
5. Heat olive oil in a pan over medium high heat. Add garlic. After one minute, add tomatoes and asparagus. Sauté for 5 minutes. Season with salt and pepper, to taste.
6. Remove squash from oven and set aside to cool for 5 minutes. Using a fork, scrape and fluff the strands from the squash.
7. Pour tomato and asparagus over spaghetti squash. Garnish with basil leaves.



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