

RECIPE | TOMATOES

TOMATO ASPARAGUS SPAGHETTI SQUASH



Follow us



pure-flavor.com



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. Then, poke holes in the squash using a 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
7. Pour tomato and asparagus over spaghetti squash. Garnish with basil leaves.



TOTAL TIME

55 minutes

PREP TIME

10 minutes

COOK TIME

45 minutes

SERVES

2

COOKING LEVEL

Easy