

## Veggie Spaghetti

By Carolyn van Heerden

A hearty vegetable stew topped with spaghetti squash. While the squash is baking, toss together the veggie stew so that it's ready when the squash comes out of the oven.

### Ingredients:

1 medium	spaghetti squash (about 2 pounds)
2 tsp	butter
1 tbsp	olive oil
½ cup	onion, coarsely chopped (about 1 medium)
1	clove garlic, minced
1 cup	carrots, sliced (about 2 carrots)
1 cup	celery, sliced (about 2 ribs of celery)
2 cups	parsnip, peeled and sliced (about 2 parsnips)
2 cups	cauliflower florets (about half a medium head)
1 cup	tomato juice
¼ tsp	dried basil
¼ tsp	dried oregano
	dash of salt and pepper

### Directions:

1. Preheat oven to 350°F. Cut squash in half lengthwise, remove seeds and string. Place squash, cut side up, in a shallow roasting pan with 1 inch of water in bottom. Add 1 teaspoon butter to the center of each half. Bake for 45 minutes or until soft.
2. During the last 15 minutes of squash baking, heat oil in a large pot over medium high heat. Add onion, garlic, carrots, celery, parsnips, and cauliflower. Cook, stirring occasionally, until vegetables soften, about 7 minutes.
3. Reduce heat to medium; add tomato juice, basil, and oregano. Let simmer while you prepare the squash.
4. Remove squash from oven. Drag a fork through the squash separating the inner strands. Sprinkle with a dash of salt and pepper.
5. Spoon vegetables into bowls and top with spaghetti squash. Serve immediately.

Makes 6 servings.

**Nutrition analysis per serving:** 130 calories, 4 g fat, 1 g saturated fat, 0 g trans fat, 5 mg cholesterol, 480 mg sodium, 23 g carbohydrate, 6 g fibre, 9 g sugars, 3 g protein. % Daily Values: Vitamin A 80%; Calcium 8%; Vitamin C 70%; Iron 6%

### Nutrition Tips:

- To cut the salt, use a sodium-reduced tomato juice.
- If you're using fresh herbs, triple the amount for best flavor. Dried herbs are more concentrated so you can use less.
- For variety try other vegetables such as broccoli, turnips, and zucchini.
- Serve the vegetable stew over polenta, brown rice, or whole wheat couscous if you don't have spaghetti squash available.
- Add sautéed kale or Swiss chard to add antioxidants, fibre, and other important nutrients.

*Simply Delicious and Nutritious Vegetable & Fruit Recipe Contest Winner, 2007*

