



Spaghetti Squash “Boglonese”



Kids typically love pasta, so they’ll love to see this “pasta” that comes from a vegetable! Topped with even more produce, this meal couldn’t be more veg-a-licious. This recipe comes to us from Amy of [From the Ground Up Wellness](#).

Ingredients: (serves 4)

- 1 medium spaghetti squash, halved and seeded
- 2 medium yellow onions, diced
- 1 1/2 tbsp olive oil, divided
- 1 medium zucchini, sliced
- 3 stalks celery, sliced
- 1 medium carrot, sliced
- 10 white or baby bella mushrooms, stems removed and chopped
- 1 15oz can crushed tomatoes
- 1 1/2 tbsp garlic powder
- A handful of fresh basil
- Sea salt and pepper to taste

Instructions:

Together: Add water to a large pot (large enough to hold your squash) until it reaches 2” high. Place over high heat, covered, and bring to a boil.

Adult: Once boiling, place squash halves, open-side up, in the water and cover. Set a timer for 10 minutes.

Adult: Heat 1 tbsp oil in a deep skillet over medium heat. When it glistens, add onions and sauté 2-3 minutes until softened.

Together: Add zucchini, celery and carrot and sauté 1-2 minutes longer.

Together: In the meantime, heat remaining oil in another pan and add mushrooms. Sauté, without crowding them for 5 minutes until thoroughly cooked. Remove from heat when done.

Together: Back in your veggie skillet, add tomatoes, garlic powder and a pinch of salt and pepper. Stir to combine.

Adult: Once your squash timer goes off, uncover and remove squash from water with large tongs or oven mitts. Allow squash to cool for a few minutes.

Kid: Add basil to your tomato sauce, stirring to combine. Adjust salt and pepper to taste. Reduce heat to low.

Adult: Using a fork (and holding squash with a towel or oven mitts), pull out the strands of ‘pasta’ by dragging the fork lightly across the squash’s insides. Empty these into a large bowl or into individual portions.

Kid: Remove sauce from heat and portion out onto squash pasta.

Together: Top with sautéed mushrooms. Serve.

Food For Thought!



Spaghetti in a squash? You bet...kind of! Spaghetti squash is a type of hard squash with a special ability. When cooked, its flesh falls apart into small strands that look just like spaghetti! Although the strands don't taste very much like spaghetti, they're still a great substitute for pasta when you're looking for a lighter meal. Plus, it's nutritious!

Cooking Tip of the Week

When it comes to cleaning the dirt off mushrooms, a damp cloth or paper towel is the best way to go. Soaking mushrooms or running them directly under water can make them soggy: no one likes a mushy mushroom!

Conversation Starter

What is your favorite memory of our family doing something together?



"Start your week off right: Make Monday family night!"
Visit **TheKidsCookMonday.org** to receive
the Family Dinner Date each week in your inbox!