

Spaghetti Squash Bowl with Mushrooms

*This recipe and photography was provided courtesy of local cookbook author and chef, Carla Snyder. Learn more about Carla and discover her recipes at Ravenouskitchen.com or in her cookbook, *One Pan Whole Family*.*

Ingredients:

- 1 medium spaghetti squash (about 4-lbs)
- 2 carrots
- 1 small red onion
- 1 medium zucchini
- 8-oz cremini mushrooms
- 3 cloves garlic
- 1 tablespoon olive oil
- 1/2 teaspoon salt plus more for sprinkling
- Freshly ground black pepper
- One 15-oz can diced tomatoes
- 3 tablespoons balsamic vinegar
- 1 tablespoon honey
- 1/4 cup chopped basil
- Shaved Parmesan cheese
- 1/3 cup toasted pine nuts



Instructions:

- Carefully cut the squash in half lengthwise and scoop out the seeds with a large spoon. Place the squash cut side down on a microwave-safe plate along with a few tablespoons water and microwave on high uncovered 15 minutes or until tender. Set aside and cook the other half in the same manner.
 - While the squash cooks, chop the carrots, onion, zucchini and mushrooms and mince the garlic on a large cutting board. Chop the carrots small as they will take longer to cook.
 - Heat a 12-in skillet over medium-high heat and add the olive oil. When it shimmers, add the carrot, onion, zucchini, mushrooms, garlic, salt and a few grinds of pepper and sauté for 4 minutes or until tender. Stir in the tomato, vinegar and honey and cook until some of the liquid cooks off, about 4 minutes. Stir in half the basil. Taste and add more salt or pepper if it needs it.
 - When squash is cool enough to handle, use a fork to separate the strands. Transfer squash to warmed bowls and top with the vegetable mixture. Garnish with remaining basil, Parmesan cheese and pine nuts.
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