

Spaghetti Squash with Vegetable Primavera

1. Pierce squash a few times with a fork. Microwave on high for 8-10 min until tender. (If you prefer to cook on stove top, cut squash in half, remove seeds and steam until tender). Set aside to cool.
2. For sauce, process tofu in food processor until smooth. Add soy milk, olive oil, agave nectar, zest, salt and pepper. Process until completely smooth and blended.
3. In a large skillet add olive, garlic and black pepper. Heat until just warm and fragrant. Remove immediately from heat. Scrape squash from its skin (discarding the seeds if you haven't already) and toss with the olive oil mixture. Season with salt. Transfer squash to 4 individual plates for serving.
4. Place broccoli and water in the skillet. Cook covered until broccoli is slightly tender (about 5 minutes). Add garlic, carrots, peppers and peas. Cook until just tender. Stir in tofu sauce and herbs. Heat for 1 minute.
5. Divide vegetable primavera evenly and serve over squash. Top with a sprinkle of pine nuts. Enjoy!

Serves 4- 330 calories, 17 g fat, 37 g carbohydrate, 13 g protein, 9 g fiber per serving

Recipe is adapted from The Pampered Chef 2014