

Serves 6 • Serving size: 1 cup



PREP: 8 minutes
COOK: 15 minutes

date
me

Tupperware®

Summer Squash PASTA

8 oz./225 g spaghetti
2 medium zucchini, ends trimmed
2 medium yellow squash, ends trimmed
¼ cup extra virgin olive oil
2 garlic cloves, peeled
1 small onion, peeled and quartered
1 tsp. coarse kosher salt
2 cups grape tomatoes, halved (optional)

1. Place spaghetti in Microwave Pasta Maker (should fill to the 3 servings line). Fill with water to the recommended line for 3 servings. Microwave 10 minutes or until *al dente*.
2. Set Time Savers Mandoline™ round knob to #2, triangular knob to #6 and select the straight v-shaped blade insert.
3. Place zucchini at the top of the Mandoline and place food guider on top of it. Push food guider to guide zucchini down, lengthwise, to slice into thin strips. Pick up and move zucchini back to top of Mandoline, replace food guider and push down again to slice more strips. Repeat until entire zucchini is sliced. Set aside in a medium bowl. Repeat process with yellow squash.
4. In Chef Series 11"/28 cm Fry Pan, heat oil over medium heat.
5. Add garlic and onion to base of Chop 'N Prep Chef. Cover and pull cord 4–5 times to finely chop and add to fry pan, along with salt. Sauté until onion and garlic have begun to soften, about 30–60 seconds.
6. Add zucchini and squash to fry pan and continue to sauté, stirring gently, until zucchini and squash have begun to soften, about 4–6 minutes.
7. After pasta has finished cooking, drain and transfer to medium bowl. Add warm squash mixture and toss to combine.
8. In fry pan, still over medium heat, gently sauté grape tomatoes 1 minute, add to pasta and squash mixture in medium bowl and toss to combine.
9. Serve warm. If desired, top with black pepper and Parmesan cheese.

Nutritional Information (per serving):

Calories: 260 Total Fat: 11g Saturated Fat: 1.5g Cholesterol: 0mg Carbohydrate: 35g Sugar: 6g Fiber: 3g Protein: 7g Sodium: 330mg Vitamin A: 15% Vitamin C: 50% Calcium: 4% Iron: 6%

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