



Squashgetti with Honey Lemon Sauce

Looks like a delicious pasta side-dish

Special Heart Star - Winter Squash

2-pounds butternut squash, peeled, spiralized

1/2 cup chicken or vegetable broth

1/4 cup honey

1/4 cup butter

2 Tablespoons fresh lemon juice

1/4 teaspoon ground nutmeg

1/4 teaspoon red pepper flakes

1/2 teaspoon salt or as desired

1/2 cup chopped green onions

1/3 cup chopped red bell peppers

1/3 cup shelled pumpkin seeds

Serve with fresh lemon slices as desired

Spiralize the butternut squash. With scissors, cut long pieces into shorter strands; set aside.

In a large pot or Dutch Oven pot, bring broth, honey, butter, lemon juice, nutmeg, pepper flakes, and salt to a boil over medium high heat. Add squash; with a pasta spoon, toss with sauce to coat. Cover, reduce heat to low, stir occasionally until squash is cooked about 15 to 20 minutes.

Add green onions, red peppers, and pumpkin seeds to the squash; toss to combine. Place in large serving bowl; garnish with lemon slices.

Yield: Serves 8

Recipe Inspired by: www.cuisineathome.com

About the Recipe: This is the perfect side dish to serve with that grilled salmon supper. When you think about a squash dish, you would never imagine it looking like a spaghetti side dish dotted with green onions, red peppers, and pumpkin seeds. Using a spiralizer, the squash magically swirls into thin strands. It's easy to make and delicious, making it a great side dish to serve.