



## Butternut Squash and Zucchini Noodle Bolognese

Recipe By UNICOI PRESERVES

SERVES: 4

### INGREDIENTS:

- ☐ 1 (23.9 oz.) jar Harvest Farms plant-based Bolognese-style vegan pasta sauce
- ☐ 4 zucchini, ends trimmed
- ☐ 1-2 butternut squash, peeled
- ☐ 4 tbsp. Laura Lynn olive oil, divided
- ☐ 2 tsp. Laura Lynn minced garlic, divided
- ☐ salt and pepper, to taste
- ☐ Laura Lynn crushed red pepper flakes (optional)
- ☐ fresh basil, chiffonade

### DIRECTIONS:

- ☐ 1. Add Bolognese pasta sauce to a saucepan, and heat while you prepare the squash.
- ☐ 2. Use a spiralizer to create spaghettilike strands of the zucchini. Set aside.
- ☐ 3. Cut the squash crosswise, separating the long neck from the bulbous bottom. Save the bottom for another recipe.
- ☐ 4. Spiralize the butternut squash.
- ☐ 5. Heat a large skillet over medium-high heat. Add 2 tbsp. olive oil, zucchini, 1 tsp. of minced garlic, then season with salt, pepper, and crushed red pepper. Cook 3-4 minutes, or until al dente, using tongs to gently toss while cooking. Remove from pan to serving platter.
- ☐ 6. Add 2 tbsp. olive oil to the pan, set on medium-high heat. Add butternut squash noodles, 1 tsp. minced garlic, salt, pepper, and crushed red pepper. Cook until al dente, 4-5 minutes.
- ☐ 7. Remove to a serving platter, and gently toss together with zucchini.
- ☐ 8. Top with Bolognese sauce and fresh basil.

*Look for butternut squash with long, lean necks.*

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