

# Roasted Red Pepper Spaghetti with Squash and Spinach

There's something magical about roasted red peppers; they make for a creamy pasta sauce without any cream. They're the stars of our pasta sauce this week with plenty of thyme and sherry vinegar, plus fresh spinach and roasted butternut squash. Tossed with spaghetti and just 15 minutes hands-on, it's a meal just right for a busy week!

**30** *Minutes to the Table*

**15** *Minutes Hands On*

**1 Whisk** *Super Easy*

## Getting Organized

### EQUIPMENT

Rimmed Baking Sheet  
Saucepan  
Large Skillet

### FROM YOUR PANTRY

Olive Oil  
Salt & Pepper

### 5 MEEZ CONTAINERS

Butternut Squash  
Parmesan Cheese  
Red Pepper Sauce  
Spinach  
Whole Wheat Spaghetti

## Make the Meal Your Own

**Cooking with a picky eater?** Heat the red pepper sauce separately from the spinach so each diner can add it to his or her own tastes.

**Omnivore's Option** – Halibut is a great addition. Bake a fillet with the butternut squash and serve it over the pasta before you top with the roasted red pepper sauce.

## Good to Know

**If you're making the gluten-free version**, we've given you gluten-free pasta.

**If you're making the vegan version**, we've left the cheese out of your meal.

**Health snapshot per serving** – 370 Calories, 18g Protein, 10g Fat, 11 Smart Points

**Have questions?** The dinner hotline is standing by from 5 to 8 pm at 773.916.6339.

INGREDIENTS: Butternut Squash, Spinach, Roasted Red Peppers, Whole Wheat Spaghetti, Parmesan, Sherry Vinegar, Brown Sugar, Almonds, Kalamata Olives, Garlic, Herbs and Spices

*meez* meals

### 1. Get Organized

Preheat your oven to 425 and put a saucepan of water on to boil.

### 2. Roast the Butternut Squash

Put the **Butternut Squash** on a rimmed baking sheet. Drizzle with olive oil and season with salt and pepper. Toss well, arrange in a single layer and bake until lightly caramelized at the edges, about 20 to 25 minutes.

*Stir the butternut squash once, about halfway through cooking.*

### 3. Cook the Spaghetti

While the squash is cooking, salt the boiling water and add the **Whole Wheat Spaghetti**. Cook until al dente, about 7 to 9 minutes. Drain and set aside.

*Spaghetti has a tendency to stick, so be sure to stir it during the first few minutes of cooking.*

### 4. Finish the Sauce

Once the spaghetti is cooking, heat 1 Tbsp olive oil in a large skillet over medium-high heat. Add the **Spinach** and cook, stirring constantly, until it wilts, about 2 to 5 minutes.

Add the **Red Pepper Sauce** and half of the **Parmesan Cheese**. Cook for a minute, then turn the heat off and add the cooked spaghetti. Stir well, and then mix in the roasted squash. Serve topped with the remaining Parmesan. Enjoy!

*Love this recipe? #meezmagic*

Instructions for two servings.

**Meez Meals \* 1459 N. Elmwood Avenue \* Evanston \* Illinois**