



### Spaghetti Squash Primavera Recipe

Courtesy of Frankie Bones Restaurant & Lounge

- 1 2 OZ WHITE WINE
- 2 1 OZ DICED EGGPLANT
- 3 1 OZ FINE DICED ONIONS
- 4 ½ CUP SLICED MUSHROOMS
- 5 3 OZ DICED TOMATOES
- 6 6 OZ SPAGHETTI SQUASH
- 7 4 OZ ZUCCHINI, SQUASH AND CARROTS JULIENNED
- 8 8 OZ VEGETABLE STOCK
- 9 1 TABLESPOON PRIMAVERA SEASONING
- 10 1 SMALL HANDFULL SPINACH
- 11 CHIFFONADE BASIL
- 12 1 OZ PINENUTS AND PUMPKIN SEEDS

Available at the restaurant in small and large portions.