

This **Roasted Spaghetti Squash Pesto Pasta Bar** can be tailor-made to fit a host of dietary decrees. Imagine making the same meal for family and friends who do or don't eat pasta, spaghetti squash, zoodles, pesto, dairy or spices. Everyone will leave the table feeling respected and satisfied. Amen.

Roasted Spaghetti Squash Pesto Pasta Bar

- 1 1/2 lb [spaghetti squash, roasted](#) (Use a fork to scrape the flesh out of the skin into spaghetti like strands.)
- 1 zucchini, [spiralized into zoodles](#) (used raw)
- 3 c cooked penne (or whatever pasta you fancy)
- 3/4 c [homemade no-cheese pesto](#)
- 2/3 c grated parmesan cheese, plus extra as garnish
- 1 broccoli, cut bite-sized, roasted
- 1 bunch asparagus, roasted
- 10 medium-small coloured peppers, roasted, seeded
- red pepper flakes, as garnish
- 1 c tomato sauce, heated, as garnish (Optional. It's for those who don't like pesto.)

If everyone's on the same page: In a large bowl, gently toss spaghetti squash, zoodles and pasta with pesto and parmesan. Gently fold in broccoli and coloured peppers. Serve garnished with asparagus, red pepper flakes and tomato sauce. Serves 6 - 8.

For a pasta bar: Make separate portions void of the unwanted ingredients. Follow the instructions above with the rest of the ingredients.

Note:

- To roast **spaghetti squash**, cut in half lengthwise, scoop out the seeds, brush lightly with olive oil, place cut-side down on a parchment covered baking pan and bake for 40 minutes at 400F.
- To roast broccoli and asparagus, place on a parchment covered baking pan, brush lightly with olive oil and bake for 15 minutes at 400F.
- To roast peppers, place on a parchment covered baking pan, brush lightly with olive oil and bake for 30 minutes at 400F, turning at half time.

Jittery Cook