



# YELLOW SQUASH PASTA WITH CARAMELIZED LEMON

**PREP TIME:** active, 20 minutes; total time, 3 hours 20 minutes **SERVINGS:** 4  $\frac{3}{4}$ -cup servings

## INGREDIENTS

- 1  $\frac{1}{2}$  pounds yellow squash (about 3 large squash)
- 3 medium lemons, divided
- 1  $\frac{1}{2}$  tablespoons olive oil, divided
- 1/4 teaspoon kosher salt, divided
- 1/8 teaspoon sugar
- 1/2 cup roughly chopped celery leaves
- 3/4 ounce Parmigiano-Reggiano cheese, finely grated (about 1/4 cup)
- 1/2 teaspoon black pepper

## INSTRUCTIONS

Trim squash ends and halve squash crosswise. Using a spoon, carefully scoop out inner seeds from each squash, removing as little flesh as possible. Cut squash into large noodles using a spiralizer. Place squash noodles between 2 layers of paper towels. Let stand at room temperature until dry, about 3 hours.

Transfer noodles to a medium bowl. Grate rind from 1 lemon to equal 1/2 teaspoon. Cut same lemon in half; squeeze juice to equal 1 tablespoon. Set aside rind and juice. Trim tops and bottoms of remaining 2 lemons and slice into half-moons.

Heat 1 1/2 teaspoons oil in a large nonstick skillet over medium-high. Add lemon slices; sprinkle evenly with 1/8 teaspoon salt. Sprinkle sugar over lemons. Cook, stirring occasionally, until lemons are browned on the edges and caramelized, 4-5 minutes.

Add caramelized lemon slices to squash noodles. Add celery leaves, cheese, lemon rind, lemon juice, pepper and remaining 1/8 teaspoon salt; toss gently to combine. Drizzle with remaining 1 tablespoon oil. Serve immediately.

## NUTRITION INFORMATION

Each serving contains 97 calories; 7.9g fat, 2.1g satfat, 4.1g monofat, 0.6g polyfat, 2g protein, 6g carbohydrate, 2g fiber, 5 mg cholesterol, 0.0 mg iron, 230 mg sodium, 67 mg calcium, 1g sugars

Source: CookingLight