

Stir Fried Sauce

10 Roma tomatoes, peeled, seeded, and chopped coarsely
2 cups thinly sliced mushrooms
2 cloves garlic
2 cups chopped broccoli florets or 1 package baby spinach
2 teaspoons oregano (powdered or flakes)
Sea salt to taste

Sauté mushrooms and onion with garlic and oregano. Add tomatoes and other vegetables. Cook until tender and heated through. Toss in a large bowl with spaghetti squash strands. Serve hot. 6 servings