

Fresh Tomato Sauce

Serves 4 to 6

Prep time: 5 minutes; cooking time: 15-to-20 minutes

Ingredients

- 2 tablespoons of oil
- 2 pounds of fresh tomatoes, chopped
- *1 tablespoon tomato paste (Optional)
- 2 teaspoons garlic chopped
- To taste fresh basil
- To taste salt

Directions

1. Heat oil in saucepot – medium heat. Cut tomatoes in half horizontally, squeeze out the seeds, chop, and add to pot.
2. Add tomato paste and garlic, basil and bay leaf. Bring to a boil, then lower heat to a brisk simmer.
3. Reduce the sauce by almost half, stirring occasionally, to produce about 2 1/2 cups medium-thick sauce, 10 to 15 minutes. Taste and adjust salt. It will keep up to 5 days in the refrigerator or may be frozen.

Chef Tee's Ratatouille

Serves 4 to 6

Prep time: 5 minutes; cooking time: 15-to-20 minutes

Ingredients

- 2 baby zucchini squash, chopped
- 2 baby yellow squash, chopped
- 1 cup fresh tomato sauce
- 1 medium onion, chopped
- 2 Italian eggplant, peeled and diced
- ¼ cup grilled elephant garlic slices (directions: coat garlic bulb w/olive oil; put on hot grill; grill covered about 10 minutes or until tender; carefully remove skin, slice bulb) 2 Tbsps. olive oil
- **Salt & Pepper** to taste

Directions

1. In large skillet, heat olive oil over medium-high heat.
2. Add vegetables; cook until tender, tomatoes are soupy (about 15-to-20 minutes); season to taste w/**Salt & Pepper**.

Chef Tee's Baked Spaghetti Squash

Serves 4 to 6

Prep time: 10 minutes; cooking time: 40-to-50 minutes

Ingredients

- 3 lbs. spaghetti squash
- Canola oil
- 4 Tbsps. butter
- ½ cup sherry
- **Salt & Pepper** to taste
- 2 medium tomatoes, chopped
- 1 clove garlic, diced
- 1 Tbsp. basil, chopped
- 1 Tbsp. parsley, chopped
- Optional garnish — Parmesan cheese

Directions

1. Preheat oven to 400° F.
2. Use sharp knife to cut squash in half; scoop out seeds; discard seeds.
3. Use hands to coat outer skin of squash halves with oil (1 Tbsp. per half).
4. Put squash halves flesh side up on baking sheet.
5. Add 2 Tbsps. butter, 1/4 cup sherry inside each squash half.
6. Bake 30-to-40 minutes or until flesh is tender, golden brown; cool until easy to handle (about 30 minutes).
7. Use fork to fork out squash flesh from cavity (squash will resemble spaghetti); set flesh aside; discard skin cavity.
8. In large skillet, heat ¼ cup oil over medium-high heat; stir in tomatoes, garlic; cook a few minutes.
9. Add squash; toss ingredients; season w/**Salt & Pepper**; cook a few more minutes.
10. Stir in basil, parsley.
11. Garnish with Parmesan cheese.