

Spaghetti Squash

Ingredients:

Squash

1 Spaghetti Squash, cut & seeded
1 T Olive Oil
1/4 tsp Salt
Pepper to taste
1/4 Cup Parmesan Cheese

Sauce

1 T Olive Oil
2 Cloves Garlic
2 T Tomato Paste
1 Can Tomatoes with Basil (28oz)
Salt, Pepper, Oregano



Directions: Drizzle squash halves with oil, salt and pepper, and bake at 400 degrees until soft (~1 hr). For sauce: heat oil over med/high heat, then add garlic stirring for 1 minute. Add tomato paste and stir and additional minute. Stir in remaining ingredients and simmer until thickened (~20 min). Scrape “spaghetti” strands from squash and top with sauce and parmesan cheese. Serves 2

(Note: Can substitute prepared spaghetti sauce for quicker meal!)

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Nutrition Information per serving (1/2 recipe):

Calories: 240

Fat: 14 g.

Saturated fat: 2 g.

Protein 4 g.

Carbohydrates: 26 g.

Sodium: 372 mg.

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