

SPAGHETTI-SQUASH SPAGHETTI

INGREDIENTS

- 1 3-lb spaghetti squash
- Non-stick cooking spray
- 1 tsp. extra virgin olive oil
- 1 clove fresh garlic, minced OR 1 tsp. jarred, minced garlic
- 1/2 small onion, chopped
- 1 cup tomatoes, diced OR 8 oz. can no salt added, diced tomatoes
- 1/4 tsp. black pepper
- 1/4 tsp. dried, salt-free Italian herbs
- 1/8 tsp. crushed red pepper flakes
- 16 oz. can no salt added tomato sauce
- 1/2 cup bite-size fresh mozzarella balls (can substitute fresh mozzarella)
- 1/4 cup coarsely chopped, or, torn basil OR 1 tsp. dried basil

DIRECTIONS

1. Preheat oven to 350° F.
2. Cut spaghetti squash in half. On a baking sheet coated with cooking spray, place both halves face down and bake for 1 hour or until tender.
3. Heat oil in saucepan over medium heat. Add garlic and onion and cook until soft, about 5-7 minutes. Add diced tomatoes, pepper, herbs and red pepper flakes. Cook until liquid is evaporated, about 2-3 minutes. Add tomato sauce, reduce heat to medium-low and simmer for 10 minutes.
4. Let squash sit at room temperature until just cool enough to handle. Take a fork and scrap flesh from outside working in, creating “spaghetti noodles.”
5. Add squash noodles to sauce and remove from heat. Toss with mozzarella balls and basil and serve.



Courtesy of American Heart Association

Serves: 4 • Nutrition Information:

Calories: 172; Total fat: 6.5g; Sat fat: 2.5g; Cholesterol: 10mg; Sodium: 64mg; Total carb: 27g; Dietary fiber: 6g; Protein: 6g.