

Spaghetti Squash with Tomatoes, Basil, and Parmesan

4 servings



Nutrition Information: Serving Size (¼ of recipe):
Calories 77, Total Fat 5g, Saturated Fat 1g,
Cholesterol 3mg, Sodium 67mg, Total Carbohydrates
7g, Fiber 2g, Total Sugars 3g, includes 0g Added
Sugars, Protein 2g, Vitamin D 0%

Instructions

1. Wash hands with soap and water.
2. Cut the squash in half. Place the 2 squash halves, cut side down, in glass baking dish.
3. Add about ¼ cup water and cover with plastic wrap. Microwave on high 12 minutes or until soft when pressed. Let stand covered for 3 minutes.
4. In a large bowl, whisk oil, basil, oregano and 2 Tablespoons Parmesan cheese. Stir in tomatoes and season lightly with salt and pepper to taste.
5. Scrape squash out with a fork, add squash strands to tomato mixture and toss until combined.
6. Sprinkle with remaining 1 Tablespoon Parmesan cheese.
7. Store leftovers in a sealed container in the refrigerator for up to four days.

Recipe Source: MyPlate Kitchen, University of Maryland Extension – Eat Smart. Be Fit.

This material was funded in part by USDA's Supplemental Nutrition Assistance Program – SNAP and Expanded Food & Nutrition Education Program (EFNEP). This institution is an equal opportunity provider.

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