

Spaghetti Squash with Tomatoes, Basil, and Parmesan

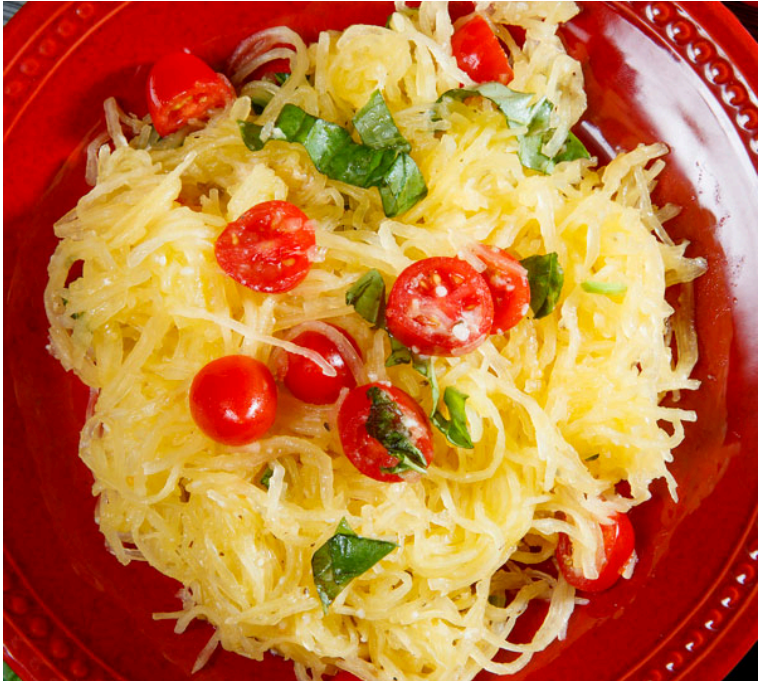
Nebraska Seasonal Produce Guide

4 Servings



EXTENSION

Health & Wellbeing



Ingredients

- 1 spaghetti squash, scrubbed with a clean vegetable brush under running water
- 1 Tablespoon vegetable oil
- 2 teaspoons dried basil OR ½ cup fresh basil, gently rubbed under cold running water and chopped
- ¼ teaspoon dried oregano
- 3 Tablespoons Parmesan cheese, divided
- 1 cup cherry tomatoes, gently rubbed under cold running water and thinly sliced
- Salt and pepper, to taste

Instructions

1. Wash hands with soap and water.
2. Cut the squash in half. Place the 2 squash halves, cut side down, in a glass baking dish.
3. Add about ¼ cup of water and cover with plastic wrap. Microwave on high for 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 the remaining 1 Tablespoon Parmesan cheese.
7. Store leftovers in a sealed container in the refrigerator for up to four days.

Nutrition Information per Serving (1/4 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%

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



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