



Spaghetti Squash with Tomato Basil Sauce

Ingredients Needed:

- 1 (3 pound) spaghetti squash
- cooking spray
- 1 Tbsp olive oil
- 2 garlic cloves, minced
- 2 low sodium cans of diced tomatoes
- 1/2 cup chopped fresh basil, divided
- 6 Tbsp shredded cheese

Servings: 6

Calories: 133

Fat: 4 g

Sodium: 311 mg

This is a great meal after a hard workout due to the high water content of squash.

Recipe Directions:

1. Preheat oven to 350°
2. Cut squash in half lengthwise. Scoop out seeds; discard. Place squash halves, cut sides down, on a baking sheet coated with cooking spray. Bake at 350° for 1 hour or until tender.
3. Heat oil in a medium saucepan over medium heat. Add garlic; cook 3 minutes, stirring occasionally. Add tomatoes; bring to a simmer. Cook for 15 minutes or until thickened. Remove from heat; stir in 1/3 cup basil.
4. Cool squash at room temperature for 10 minutes or until cool enough to handle. Scrape inside of squash with a fork to remove spaghetti-like strands to measure about 5 cups.
5. Divide squash evenly among 6 plates; top each serving with about 1/3 cup sauce and 1 tablespoon cheese. Top with remaining basil.

Yellow and Orange Veggies: Squash

Spaghetti Squash is a low carb, low fat meal that is great for weight management! Squash is great for rehydrating at 92% water! This tasty recipe provides small amounts of almost every essential vitamin and mineral. The highest concentration of vitamins in the squash include vitamin C and vitamin B6. These vitamins aid in supporting your immune system, play a role in the growth and repair of body proteins, and are involved in energy metabolism and red blood cell production.

