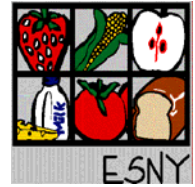




Saucy Spaghetti Squash



Ingredients

- 1 spaghetti squash (about 1 ¼ pounds)
- 1 (14-ounce) jar spaghetti sauce
- ¼ cup grated Parmesan cheese

Directions

1. Preheat oven to 350°F.
2. Place whole squash in a microwave safe dish and cook in the microwave for 5 minutes to soften the skin. Remove squash from the microwave with potholders.
3. Carefully cut squash in half length-wise and scoop out any seeds.
4. Turn squash cut side down on a baking pan and bake 50-60 minutes, or until the squash is tender when pierced with a fork. (Alternately, place the squash cut side down in ¼ cup water in a microwave-safe dish, cover with microwave-safe plastic wrap, and cook 8-10 minutes, or until tender when pierced with a fork.)
5. Meanwhile, place spaghetti sauce in a pan, cover with a lid, and warm over medium heat.
6. Run the prongs of fork along the length of the cut-side of the cooked squash to loosen spaghetti-like strands. Continue until you reach the hard peel of the squash.
7. Scoop squash strands into a serving dish.
8. Top with warmed spaghetti sauce and sprinkle evenly with Parmesan cheese.

SERVES

12

SERVING SIZE

1/2 cup

Nutrition information for 1 serving

Calories	54
Total fat	2 g
Saturated fat	1 g
Cholesterol	3 mg
Sodium	211 mg
Total carbohydrate	7 g
Fiber	2 g
Protein	2 g

Exchanges

- 1/2 Starch
- 1/2 Fat