

Making it delicious

BAKED SPAGHETTI SQUASH

Ingredients

- 2 Tbsp. olive oil
- 1 cup onion, finely chopped
- 2 garlic cloves, minced
- 1 cup red bell pepper, diced
- 1 spaghetti squash, halved and seeded
- 1/2 cup part-skim mozzarella cheese, shredded
- 1/2 cup fresh parsley or basil, finely chopped (optional)
- 2 Tbsp. Pecans or walnuts, finely chopped (optional)
- Fresh lemon wedges (optional)

(Nutrition Facts Label includes the optional nuts & lemon)

Nutrition Facts

4 servings per container
Serving size (280g)

Amount per serving

Calories 210

% Daily Value*

Total Fat 13g	17%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 130mg	6%
Total Carbohydrate 19g	7%
Dietary Fiber 5g	18%
Total Sugars 8g	
Includes 0g Added Sugars	0%
Protein 6g	
Vitamin D 0mcg	0%
Calcium 163mg	15%
Iron 2mg	10%
Potassium 427mg	10%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



Instructions

- Prepare spaghetti squash by preferred method according to attached handout.
- Place oil in a non-stick pan over medium heat. Once oil shimmers, about 1 minute, add onion and diced bell pepper to pan. Stir frequently until onion begins to soften and become translucent, about 7 minutes.
- When spaghetti squash is ready, scrape out the cooked strands into a bowl to loosen them, then return them to the skins of the squash.
- Top squash with onion, garlic, bell pepper, and cheese.
- Put under broiler on low for 5 minutes, until cheese is golden brown and squash is hot.
- Top with fresh herbs and chopped nuts (optional). If desired, squeeze lemon over the herbs. Enjoy.

SERVINGS: 4 | PREP TIME: 25 MIN