

Spaghetti Squash with Tomatoes, Basil, and Parmesan

Here is a delicious late summer side dish bursting with fresh flavors. This dish would go well with a grilled entrée.

Makes: 4 Servings

Source: University of Maryland Extension. Eat Smart. Be Fit. Recipes.

Ingredients

- 1 spaghetti squash (about 1 1/2 pounds)
- 1 tablespoon olive oil
- 3 tablespoons Parmesan cheese
- 1/4 teaspoon dried oregano
- 2 teaspoons dried basil (or 1/2 cup fresh basil, chopped)
- 1 cup cherry tomatoes (thinly sliced)
- salt and pepper (to taste, optional)

Directions

1. Place the 2 squash halves, cut side down, in glass baking dish. Add about 1/4 cup water and cover with plastic wrap. Microwave on high 12 minutes or until soft when pressed. Let stand covered for 3 minutes.
2. In a large bowl, whisk oil, basil, oregano and 2 Tablespoons Parmesan. Stir in tomatoes and season lightly with salt and pepper to taste.
3. Scrape squash out with a fork, add strands to tomato mixture and toss until combined. Sprinkle with remaining 1 Tablespoon Parmesan cheese.



Small Changes,
BIG Difference!



Nutrition Information

Serving Size: 1/4 of recipe

Nutrients	Amount
Calories:	77
Total Fat:	5 g
Saturated Fat:	1 g
Cholesterol:	3 mg
Sodium:	67 mg
Total Carbohydrates:	7 g
Dietary Fiber:	2 g
Total Sugars:	3 g
Added Sugars:	0 g
Protein	2 g

Utensils Needed

- Baking dish
- Measuring cups and spoons
- Microwave
- Fork for whisking
- Serving plate and silverware

SHOPPING LIST

Average total cost without oil and seasonings: \$11.69

Average cost/serving: \$2.92

Makes: 4 Servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location.

Ingredients



Add 1 to Cart
Spaghetti Squash,
1 lb



Add 1 to Cart
Parmesan Cheese ,
3 oz



Add 1 to Cart
Cherry or Grape
Tomatoes, 1 ct

My Cooking Notes
