

Spaghetti Squash with Garlic

A simple, savory side dish with tender squash, melted margarine, and fragrant garlic. Delicious on its own or alongside grilled vegetables or protein.

Makes: 4 Servings
 Prep Time: 10 minutes
 Cook Time: 10 minutes

Source: jsyfruitveggies.org

Ingredients

- 2 spaghetti squash (about 2 lbs each), cooked
- 2 Tbsp soft tub margarine
- 2 garlic cloves
- 2 Tbsp grated Parmesan cheese
- Salt and black pepper to taste

Directions

1. Remove seeds from cooked squash. Pull a fork through the flesh to separate into strands. Place strands in a large bowl and keep warm.
2. In a large frying pan, melt margarine over low heat.
3. Add garlic and cook for 2 minutes, stirring often
4. Add squash strands to pan. Stir frequently until heated through.
5. Add Parmesan cheese, salt, pepper. Mix well and serve warm
6. Refrigerate leftovers within 2 hours.



Small Changes,
 BIG Difference!



Nutrition Information

Serving Size: 1/4 of recipe	
Nutrients	Amount
Calories:	110
Total Fat:	5g
Saturated Fat:	1.5g
Cholesterol:	2mg
Sodium:	150mg
Total Carbohydrates:	15g
Dietary Fiber:	3g
Total Sugars:	6g
Added Sugars:	0g
Protein	3g

Utensils Needed

- Sharp knife
- Cutting board
- Large frying pan
- Fork
- Mixing spoon
- Measuring spoons
- Measuring cups

SHOPPING LIST

Average total cost without oil and seasonings: \$12.15

Average cost/serving: \$3.04

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 2 to Cart
Spaghetti squash



Add 1 to Cart
Garlic



Add 1 to Cart
Parmesan cheese

SAVE TIME, SAVE MONEY

My Cooking Notes

Chef's Notes

- Add chopped parsley or a squeeze of lemon for brightness
- Mix in cooked vegetables or beans for a complete meal

