

Spaghetti Squash with Tomatoes, Basil & Parmesan

A light and flavorful side dish that brings together tender spaghetti squash, juicy tomatoes, and fragrant herbs, all finished with a sprinkle of Parmesan.

Makes: 4 Servings
 Prep Time: 10 minutes
 Cook Time: 15 minutes

Source: MyPlate Kitchen

Ingredients

- 1 ½ lbs spaghetti squash (about 1 medium squash)
- 1 Tbsp olive oil
- 3 Tbsp Parmesan cheese (divided)
- ¼ tsp dried oregano
- 2 tsp dried basil or ½ cup fresh basil, chopped
- 1 cup cherry tomatoes, thinly sliced
- Salt and pepper to taste, optional

Directions

1. Wash hands with soap and water.
2. Cut squash in half lengthwise and remove seeds.
3. Place squash halves cut side down in glass baking dish. Add ¼ cup water and cover with plastic wrap.
4. Microwave on high for 12 minutes or until soft when pressed. Let stand covered for 3 minutes.
5. In a large bowl, whisk together olive oil, basil, oregano, and 2 Tbsp Parmesan cheese.
6. Stir in sliced tomatoes and season lightly with salt and pepper.
7. Scrape squash with a fork to form strands. Add to tomato mixture and toss until combined
8. Sprinkle with remaining Parmesan cheese and serve warm.



Small Changes,
 BIG Difference!



Nutrition Information

Serving Size: 1/4 of recipe	
Nutrients	Amount
Calories:	120
Total Fat:	5g
Saturated Fat:	1g
Cholesterol:	0mg
Sodium:	110mg
Total Carbohydrates:	16g
Dietary Fiber:	3g
Total Sugars:	7g
Added Sugars:	0g
Protein	3g

Utensils Needed

- Sharp knife
- Cutting board
- Microwave-safe baking dish
- Whisk
- Large bowl
- Measuring spoons
- Measuring cups
- Fork



SHOPPING LIST

Average total cost without oil and seasonings: \$8.94

Average cost/serving: \$2.24

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



Add 1 to Cart
Cherry tomatoes



Add 1 to Cart
Parmesan cheese

SAVE TIME, SAVE MONEY

My Cooking Notes

Chef's Notes

- Fresh basil adds the most flavor- add it just before serving.
- For extra protein, toss with cooked chicken or white beans.

