

SHRIMP SPAGHETTI SQUASH

Gluten Free, Higher Fiber, Low Carb / Diabetes Friendly

Serves: 2 (Serving = 1/2 spaghetti squash)

Nutrition (per serving)

Calories: 289

Total Fat: 13 g

Saturated Fat: 4 g

Sodium: 613 mg

Total Carbohydrate: 23 g

Dietary Fiber: 4 g

Protein: 21 g

Ingredients

- 1 spaghetti squash
- 1 Tablespoon olive oil
- ½ cup chopped onion
- ½ cup chopped green pepper
- 1 Tablespoon minced garlic
- 2/3 cup marinara sauce (less than 400 mg sodium and 10 g sugar per serving) (make sure gluten free for GF version)
- 8 frozen cooked shrimp
- ½ cup part-skim shredded mozzarella cheese



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Directions

1. Cut spaghetti squash in half lengthwise and scoop out seeds. Place on a dish and microwave for 13-17 minutes or until squash is easily removed with a fork. Once cooled, scrape out insides into medium bowl.
2. While squash is cooking, place olive oil, onion, green pepper and garlic in medium saucepan and sauté over medium high heat for about 3-5 minutes.
3. Add marinara sauce and shrimp and cook an additional 3-5 minutes. Pour over squash and mix together.
4. Top with cheese.



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