

SWEET AND HEARTY SQUASH SPAGHETTI

Gluten Free, Higher Fiber, Lower Saturated Fat, Lower Sodium, Vegetarian

Serves: 4 (Serving = 1/2 squash)

Nutrition (per serving)

Calories: 232

Total Carbohydrate: 43 g

Total Fat: 6 g

Dietary Fiber: 7 g

Saturated Fat: 2 g

Protein: 6 g

Sodium: 363 mg



Ingredients

- 1 spaghetti squash, cut in half lengthwise with seeds scooped out
- 1 Tablespoon extra-virgin olive oil
- ½ large onion, chopped
- 2- 14.5 ounce cans no salt added, petite cut diced tomatoes, partially drained
- ½ cup golden raisins
- 1 teaspoon minced garlic (2 cloves)
- 1 Tablespoon brown sugar
- 1 teaspoon ground cinnamon
- 1/8 teaspoon ground nutmeg



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- Pinch of ground cloves

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¼ teaspoon salt

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¼ cup grated Parmesan cheese

Directions

1. Preheat oven to 400 degrees. Place 2 squash halves face down in a baking pan. Fill with water 1-2 inches deep. Bake for 45-60 minutes or until squash is soft and shreds. May help to shred small amount and taste to assure it's thoroughly cooked and not crunchy.
2. In a large skillet on medium-high heat, sauté onions and tomatoes in olive oil for 5 minutes. Add raisins, garlic and seasonings, stir and cook an additional 5 minutes.
3. Place 1 cup shredded squash on plate (about ½ of one squash half) and top with ½ cup sauce and 1 Tablespoon grated Parmesan.