

SPAGHETTI SQUASH PRIMAVERA

Gluten Free, Higher Fiber, Low Carb / Diabetes Friendly, Lower Saturated Fat, Lower Sodium, Vegetarian

Serves: 4 (Serving = 1/4 squash)

Nutrition (per serving)

Calories: 162

Total Fat: 7 g

Saturated Fat: 2.5 g

Sodium: 280 mg

Total Carbohydrate: 20 g

Dietary Fiber: 5 g

Total Sugars: 8 g

Protein: 8 g



Ingredients

- 1 small-medium halved spaghetti squash (1 ½-2 pounds), seeds scraped out
- 1 Tablespoon olive oil
- 1 cup chopped fresh asparagus
- ½ cup chopped red bell pepper
- ½ cup frozen peas
- 1 cup sliced raw mushrooms
- 1 lemon, zest and juice
- ½ teaspoon salt, divided
- ½ cup shredded Italian cheese blend



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Directions

1. Preheat oven to 400° Fahrenheit.
2. Place squash cut side down in a 9 x 13 inch baking dish filled with a ½ inch of water. Bake 45-50 minutes.
3. Place olive oil in a large skillet over medium-high heat. Sauté asparagus, bell pepper, peas and mushrooms in olive oil for 5-7 minutes. Remove from heat and stir in lemon zest, juice and ¼ teaspoon salt.
4. Sprinkle remaining ¼ teaspoon salt on squash halves after they are removed from the oven. Spoon the vegetable mixture into each squash half and sprinkle with Italian cheese blend. Bake an additional 5 minutes.



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