

CHEESY SPAGHETTI SQUASH

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

Serves: 1/2 cup

Nutrition (per serving)

Calories: 100

Total Fat: 3 g

Saturated Fat: 1.5 g

Sodium: 170 mg

Total Carbohydrate: 15 g

Dietary Fiber: 2 g

Protein: 5 g

Ingredients

1 large spaghetti squash

2 Tbsp parmesan cheese

2 diced tomatoes

1/2 cup shredded reduced fat mozzarella cheese

1/4 cup chopped fresh parsley



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Directions

1. Pierce spaghetti squash several times with a fork or sharp knife.
2. Microwave on high for about 10 minutes or until soft, turning over after 5 minutes. Let stand 5 minutes.
3. Cut squash in half, remove and discard seeds.
4. Using a fork scrape the insides of the squash to form strands; reserve one squash shell.
5. Toss strands with parmesan, mozzarella, tomatoes, and parsley. Spoon mixture back into the reserved shell.
6. Microwave on high for 2 minutes to heat through.



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