



Spaghetti Squash with Tomatoes and Basil 4 Servings



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Ingredients:

- 1 spaghetti squash (about 1.5 lbs)
- 1 Tbsp. vegetable oil
- 3 Tbsp. Parmesan cheese, divided
- ¼ tsp. dried oregano
- 2 tsp. dried basil (or ½ c. fresh basil, chopped)
- 1 c. cherry tomatoes, thinly sliced
- Salt and pepper to taste

Directions:

1. Wash hands with soap and water.
2. Rinse produce and prepare as directed. Scrub squash with clean vegetable brush under running water. If using fresh basil, gently rub under cold running water. Gently rub tomatoes under cold running water.
3. Cut the squash in half. Place the 2 squash halves, cut side down, in glass baking dish. Add about ¼ cup water and cover with plastic wrap. Microwave on high 12 minutes or until soft when pressed. Let stand covered for 3 minutes.
4. In a large bowl, whisk oil, basil, oregano and 2 tablespoons Parmesan cheese. Stir in tomatoes and season lightly with salt and pepper to taste.
5. Let squash cool slightly before scraping out with a fork. Add squash strands to tomato mixture and toss until combined. Sprinkle with remaining 1 Tbsp Parmesan cheese.
6. Store leftovers in a sealed container in the refrigerator.

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