



## RECIPE:

# Spaghetti Squash with Tomatoes and Basil

Number of Servings: 4

### Ingredients:

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

### 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.
4. 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.
5. 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.
6. Let squash cool slightly before scraping squash out with a fork. Add squash strands to tomato mixture and toss until combined.
7. Sprinkle with remaining 1 Tablespoon Parmesan cheese.
8. Store leftovers in a sealed container in the refrigerator.

### Nutrition Info:

Nutrition Facts	
4 servings per container	
<b>Serving size</b>	<b>1 cup</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>100</b>
	<b>% Daily Value*</b>
<b>Total Fat</b> 5g	<b>6%</b>
Saturated Fat 1.5g	<b>8%</b>
Trans Fat 0g	
<b>Cholesterol</b> 5mg	<b>2%</b>
<b>Sodium</b> 115mg	<b>5%</b>
<b>Total Carbohydrate</b> 13g	<b>5%</b>
Dietary Fiber 3g	<b>11%</b>
Total Sugars 5g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 3g	
Vitamin D 0mcg	<b>0%</b>
Calcium 89mg	<b>6%</b>
Iron 1mg	<b>6%</b>
Potassium 306mg	<b>6%</b>
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

Recipe Credit: Nebraska Extension Nutrition Education Program