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Spaghetti Squash with Tomato Sauce

Ingredients:

- 1 spaghetti squash, about 2 pounds
- 1 teaspoon vegetable oil
- 2 minced garlic cloves
- 1 can (14.5 ounces) diced tomatoes
- 1 teaspoon Italian seasoning (optional)
- ¼ cup grated Parmesan cheese
- 1 small onion

Makes 4 servings - 2% calories from fat

Instructions:

1. Cut squash in half and scoop out seeds.
2. Place in baking dish, cut side down. Bake at 350° F for 30 minutes, or until tender.
3. In medium sauce pan, heat oil, onion and garlic on medium-high heat. Cook for 5 minutes or until onions are soft.
4. Add canned tomatoes and seasoning. Bring to a boil.
5. Reduce heat to low and cook for 5 minutes. Stir often.
6. When the squash is done, remove from the oven. Use a fork to scrape spaghetti-like strings into a large bowl.
7. Add sauce and serve with Parmesan cheese. Enjoy!
8. Refrigerate leftovers.

Source: Just Say Yes to Fruits and Vegetables

Nutrition Facts

4 servings per container	
Serving size	1 cup (367g)
Amount per serving	
Calories	130
% Daily Value*	
Total Fat 4g	5%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 250mg	11%
Total Carbohydrate 21g	8%
Dietary Fiber 5g	18%
Total Sugars 9g	
Includes 0g Added Sugars	0%
Protein 4g	
Vitamin D 0mcg	0%
Calcium 158mg	10%
Iron 1mg	6%
Potassium 460mg	10%

*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.



Revised July 2021

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USDA's Food Stamp Program and Expanded Food and Nutrition Education Program funded this material.