

Spaghetti Squash



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Makes 4 Servings

What You Need

Spaghetti squash looks like spaghetti but tastes like squash. In this recipe it serves as both!

1 spaghetti squash
Prepared Tomato sauce

Per Serving

Calories 57
Carbohydrates 13 g
Protein 1 g
Fat 2 g
Dietary Fiber 2 g

How You Prepare

Cut squash in half lengthwise and clean out seeds. Place face down in microwave safe dish with 1/4 cup of water. Microwave 7-8 minutes on high, until tender. Run fork over inside of squash to get spaghetti like strands. Scoop out spaghetti squash onto a plate. Top with prepared and heated tomato sauce sauce and a sprinkle of parmesan cheese. Enjoy!