



NUTRITION CONSULTING INC.

# Spaghetti Squash

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

**Makes 4 Servings**

## What you need:

1 spaghetti squash  
Prepared tomato sauce  
Parmesan cheese  
Fresh ground pepper



## How you prepare:

Cut squash in half lengthwise and clean out seeds. Place cut side down in microwave safe dish with 1/4 cup of water. Microwave 7-8 minutes on high, until tender (alternatively you can bake cut side down in the oven at 350F with 1/2 inch of water for about 45 minutes). 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, fresh ground pepper and a sprinkle of parmesan cheese. Enjoy!

## Per serving:

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

It's your **health.**



**Take a stand.**

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