

Spaghetti Squash with Light Marinara Sauce



Directions:

1. Pierce spaghetti squash with a fork in several places and coat with olive oil. Place in microwave on high until skin soft, approximately 10 to 15 minutes. Let cool.
2. While squash is cooking, combine all marinara ingredients in a medium-sized bowl, except basil leaves.
3. Tear basil leaves and add to tomato mixture.
4. Cut squash in half and make "spaghetti." Using a fork, pull out all individual strands of "spaghetti." Toss spaghetti squash with olive oil and parmigiano-reggiano cheese.
5. Place squash in a pie plate. Top with light marinara and a sprinkling of parmigiano-reggiano cheese.
6. Serve over cooked spaghetti squash.

Ingredients:

- 1 medium spaghetti squash (2 lbs, washed)

Marinara:

- 1 Tbsp extra virgin olive oil
- 14 roma (plum) tomatoes (chopped)
- 1 shallot (minced)
- 1 tsp freshly ground black pepper
- 2 cloves garlic (chopped)
- ½ tsp fine sea salt
- 1 cup fresh basil leaves
- 1 Tbsp extra virgin olive oil
- 1 Tbsp parmigiano-reggiano cheese (finely grated)
- 6 tsp parmigiano-reggiano cheese (optional)

Nutritional information:

Calories.....	95
Total Fat.....	5 g
Saturated Fat	1 g
Cholesterol	0 mg
Total Carbohydrate.....	12 g
Dietary Fiber	3 g
Protein	2 g
Sodium	225 mg
Serving Size	1/6 of recipe
Recipes yields	6 servings

Prep time: 5 minutes

Adjusted from:

<https://www.diabetesfoodhub.org/recipes/spaghetti-squash-with-light-marinara-sauce.html>