



Spaghetti Squash with Tomatoes, Basil and Parmesan

Servings: 4

Ingredients:

- 1 spaghetti squash, washed, about 1 1/2 pounds
- 1 Tablespoon vegetable oil
- 1/2 cup fresh basil, washed and chopped or 2 teaspoons dried
- 1/4 teaspoon dried oregano
- 3 Tablespoons Parmesan cheese, shredded
- 1 cup cherry tomatoes, washed and quartered
- Salt and pepper to taste

Directions:

1. Place the 2 squash halves, cut side down, in glass baking dish.
2. Add 1/4 cup water and cover with plastic wrap. Microwave on high 12 minutes or until soft when pressed. Let stand covered 3 minutes.
3. In large bowl, whisk oil, basil, oregano and 2 Tablespoons Parmesan cheese.
4. Stir in tomatoes and season lightly with salt and pepper to taste.
5. Scrape squash out with a fork, add strands to tomato mixture and toss until combined.
6. Sprinkle with remaining 1 Tablespoon Parmesan cheese.

Nutrition Facts	
4 serving per container	
Serving size	1 cup
Amount Per Serving	
Calories	100
	% Daily Value*
Total Fat 6g	8%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 100mg	4%
Total Carbohydrate 2g	1%
Dietary Fiber 0g	0%
Total Sugars 7g	
Includes 0g Added Sugars	0%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 75mg	6%
Iron 1mg	6%
Potassium 282mg	6%
* 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.	



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