

Spaghetti Squash with Tomatoes

Makes: 4 Servings

Ingredients

- 1 spaghetti squash (about 1 1/2 pounds)
- 1 tablespoon olive oil
- 3 tablespoons Parmesan cheese
- 1/4 teaspoon dried oregano
- 2 teaspoons dried basil (or 1/2 cup fresh basil, chopped)
- 1 cup cherry tomatoes (thinly sliced)
- salt and pepper (to taste, optional)

Directions

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

Total Cost: \$6.23

Serving Cost: \$1.56

Source: University of Maryland Extension. Food Supplement Nutrition Education Program



Nutrition Facts

4 servings per container

Serving size $\frac{1}{4}$ of recipe

Amount Per Serving

Calories 86

% Daily Values*

Total Fat 5g 8%

Saturated Fat 1g 5%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 77mg 3%

Total Carbohydrate 9g 3%

Dietary Fiber 2g 8%

Total Sugars 0g

Includes 0g Added Sugars 0%

Protein 3g 6%

Vitamin D 0IU 0%

Calcium 0mg 0%

Iron 0mg 0%

Potassium 0mg 0%

*The % Daily Value (DV) 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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