

Spaghetti Squash

Recipe Type: Entree

Serves: 4

Prep Time: 5 minutes

Cooking Time: 15 minutes

C means cup **T** means tablespoon **t** means teaspoon **oz** means ounce

What you need:

- 1 large spaghetti squash
- ¼ C water
- 1–16 oz jar of low sodium spaghetti sauce
- 2 T Italian seasoning
- 3 T garlic powder
- 3 T grated Parmesan cheese



This is a picture of 1 serving.

What to do:

1. Wash your hands.
2. Wash the spaghetti squash and poke holes all over with a knife or fork.
3. Put the squash in a microwave safe casserole dish. Microwave for 5 minutes until the skin is soft.
4. Once squash cools, cut the squash in half lengthwise and remove the seeds with a spoon.
5. Put the water into casserole dish. Place the squash cut side down into the dish.
6. Cover the dish with a microwave safe lid or wrap. Microwave for 8 – 10 minutes.
7. Once the squash is cool, use a fork and pull out the spaghetti strands. Put strands into a separate bowl.
8. Add the spaghetti sauce, Italian seasoning, and garlic to the bowl with spaghetti and mix well.
9. Put the squash back into the casserole dish. Cover and microwave for 2 – 3 minutes until warm.
10. Sprinkle with Parmesan cheese and enjoy!

Contains Milk

Nutrition Facts

4 servings per container

Serving size 1 1/4 Cup (256g)

Amount per serving

Calories **160**

% Daily Value*

Total Fat 6g **8%**

Saturated Fat 2g **10%**

Trans Fat 0g

Cholesterol 10mg **3%**

Sodium 280mg **12%**

Total Carbohydrate 24g **9%**

Dietary Fiber 3g **11%**

Total Sugars 9g

Includes 0g Added Sugars **0%**

Protein 5g

Vitamin D 0mcg **0%**

Calcium 147mg **10%**

Iron 3mg **15%**

Potassium 623mg **15%**

*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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