Spaghetti Squash Spaghetti Recipe

Autumn is finally here! The crisp air, the Halloween decorations and pumpkins everywhere you look! When I ran across this Spaghetti Squash Spaghetti recipe, I thought it would be a perfect autumn day meal. The flesh of spaghetti squash comes out in long strands, very much resembling the noodles for which it is named. When I was doing my diabetes rotation for the dietetic internship at St. Mary’s, my precepting dietitian would often suggest this type of squash to her patients. Normal spaghetti noodles are high in carbohydrates (15 grams of carbs in 1/3 cup) compared to spaghetti squash (7 grams of carbs in 1 cup). Spaghetti squash contains many nutrients including folic acid, potassium, vitamin A, beta-carotene and is a good source of fiber. It will also keep in the refrigerator for 4-5 days. This recipe is also fun for the kids so get the whole family together for this great meal!

Spaghetti Squash Spaghetti

- 1 spaghetti squash
- 1/4 cup olive oil
- 3 cloves garlic, chopped
- 1 onion, chopped
- ½ cup green bell pepper, chopped
- 2 (28 ounce) cans crushed tomatoes
- 1 tsp. dried basil
Directions

1. Heat oven to 350 F.
2. Cut squash lengthwise and remove seeds.
3. Place cut sides down on baking sheet.
4. Bake for 45 minutes or until a sharp knife can be inserted with only a little resistance.
5. In a skillet, heat olive oil over medium heat.
6. Brown the garlic, onion and bell pepper then stir in crushed tomatoes, basil and oregano.
7. Pour in water and let it come to a boil.
8. Reduce heat to low, stirring occasionally.
9. Remove squash from oven and set aside to cool enough to be easily handled.
10. When cooled, use a fork to release the spaghetti-like strands.
11. Add tomato sauce to noodles, top with mozzarella cheese and enjoy!

Nutrition Facts (per 1 cup serving)

- Calories: 320
- Carbohydrates: 25 grams
- Protein: 14 grams
- Fat: 14 grams
- Saturated Fat: 3 gram
- Fiber: 8 grams
- Sodium: 670 mg

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