

Spaghetti Squash with Tomatoes, Basil, and Parmesan

Yield 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)

Instructions

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.

Cost

Per recipe: \$6.23

Per serving: \$1.56

Source

University of Maryland Extension.

[Eat Smart. Be Fit.](#) Recipes.

Nutrition Facts

Serving Size 1/4 of recipe (190g)
Servings Per Container 4

Amount Per Serving

Calories 90 **Calories from Fat 45**

% Daily Value*

Total Fat 5g **8%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 5mg **2%**

Sodium 85mg **4%**

Total Carbohydrate 12g **4%**

Dietary Fiber 3g **12%**

Sugars 5g

Protein 3g

Vitamin A 10% • Vitamin C 15%

Calcium 10% • Iron 6%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4