

Spaghetti Squash Pasta

Yield: 4 servings

Ingredients

1 spaghetti squash, halved lengthwise, seeds
 2 teaspoons olive oil
 3 tomatoes, medium dice
 ½ onion, medium dice
 2 to 3 cloves garlic, minced
 2 tablespoons Parmesan cheese, grated
 1 (15 ounce) can white beans (such as cannellini), low sodium, drained and rinsed
 ½ teaspoon kosher salt
 Ground black pepper to taste
 3 tablespoons parsley, chopped

Instructions

1. Preheat the oven to 350 degrees.
2. Line a baking sheet with foil. Place the spaghetti squash on the sheet pan, drizzle with half of the olive oil. Cook the spaghetti squash for about 40 minutes, or until fork tender.
3. While the spaghetti squash is baking, cut all vegetables and prepare the rest of the ingredients.
4. Heat a medium sauté pan over medium to high heat. Add the remaining olive oil, onion, and garlic. Cook, stirring often, until translucent.
5. Once the garlic and onion are translucent, add the tomatoes, white beans, salt, and pepper to the pan and reduce to low heat. Allow the mixture to simmer until most of the liquid has evaporated. Set aside.
6. When the spaghetti squash is finished baking, remove it from the oven and set aside until it is cool enough to handle.
7. Once the spaghetti squash has cooled, use a fork to remove the flesh. The spaghetti squash can be pulled apart with the fork, creating long strands that resemble spaghetti.
8. Add the spaghetti squash to the tomato and white bean mixture. Toss in cheese and parsley.
9. Serve hot and enjoy!

Nutrition Information

Serving Size: 2 cups

Calories: 198
 Total Fat: 5 g
 Saturated Fat: 1 g
 Monounsaturated Fat: 0 g
 Sodium: 211 mg
 Total Carbohydrate: 31 g
 Dietary Fiber: 8 g
 Sugars: 8 g
 Protein: 8 g

Source: Health Meets Food



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