



Heart Month | Heart Healthy Recipe

Spaghetti-Squash Spaghetti — Entree

- 1 spaghetti squash (3 pounds)
- 1 tsp extra virgin olive oil
- 1 clove fresh garlic (minced) or 1 tsp. jarred minced garlic
- 1/2 small onion (chopped)
- 1 cup tomatoes (diced) or 8 oz. canned, no salt added diced tomatoes
- 1/4 tsp black pepper
- 1/4 tsp dried, salt-free herbs, Italian blend
- 1/8 tsp crushed red pepper flakes
- 16 oz. canned, no salt added tomato sauce
- 1/2 cup small "bite size" fresh mozzarella balls (can substitute fresh mozzarella), cut into bite-size pieces
- 1/4 cup coarsely chopped, or, torn basil or 1 tsp. dried basil

Yield: 4 servings

Preheat oven to 350° F. Cut spaghetti squash in half. On a baking sheet coated with cooking spray, place halves of squash face down and bake for 1 hour or until tender. Heat oil in medium saucepan over medium heat. Add garlic and onion and cook until soft, about 5-7 minutes. Add diced tomatoes, pepper, herbs and red pepper flakes. Cook until liquid is evaporated, about 2-3 minutes. Add tomato sauce and reduce heat to medium-low and simmer for 10 minutes. Let squash sit at room temperature until just cool enough to handle. Take a fork and scrap flesh from outside working in, creating "spaghetti noodles." Add squash "noodles" to sauce and remove from heat. Toss with mozzarella balls and fresh basil and serve.

Nutrient info: 172 Calories, 27 g carbs, 6 g protein, 6.5 g total fat, 2.5 g saturated fat, 10 mg chol., 64 mg sodium, 6 g fiber