

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 T garlic powder
- 1 16 oz jar of your favorite spaghetti sauce
- 2 T Italian seasoning
- 2 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 pierce it with a knife all over.
3. Put the squash in a microwave safe casserole dish. Microwave the squash for 5 minutes until the skin is soft.
4. Once the squash is cool enough to touch, cut the squash in half lengthways. Remove the seeds with a spoon and throw them away.
5. Put the water into the casserole dish. Place the squash cut side down into the dish.
6. Cover the dish with a lid or microwave safe plastic wrap. Microwave for 8 to 10 minutes.
7. Once the squash is cool enough to touch, take a fork and pull out the spaghetti strands. Put the spaghetti strands into a bowl.
8. Add the spaghetti sauce, Italian seasoning and garlic to the bowl and mix well.
9. Put the squash back into the baking dish. Cover and microwave for 2 to 3 minutes until warm.
10. Add the Parmesan cheese and enjoy!

Nutrition Facts

Serving Size 1¼ C	
Amount Per Serving	
Calories 130	Calories from Fat 30
%Daily Value*	
Total Fat 3.5 g	5%
Saturated Fat 1 g	5%
Trans Fat 0 g	
Cholesterol 5 mg	2%
Sodium 125 mg	5%
Total Carbohydrate 22 g	7%
Dietary Fiber 5 g	20%
Sugars 11 g	
Protein 5 g	
Vitamin A 20%	
Calcium 10%	
* Percent Daily Values are based on a 2,000 calorie diet.	

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