

Baked Spaghetti Squash

A good alternative to pasta; serve with your favorite tomato sauce, or toss with Garlic, basil and a teaspoon of olive oil.

2-1/4 lbs. Spaghetti squash, halved lengthwise and seeded

Preheat oven to 350 degrees F. Place squash, cut side down, in a baking dish. Add ½ inch of water. **Bake** 40-45 minutes, or until squash is tender. Remove squash from water and cool. Remove the spaghetti-like strands by scraping with a fork. Microwave directions: Place squash, cut side down, in a baking dish and add ¼ cup of water. Cover the dish with heavy-duty plastic wrap and make vent holes. **Microwave** at HIGH at 15 minutes, or about 5 minutes per pound, until squash is tender.

Per Serving:

Calories 84

Fat 1.5g (15% calories from fat)

Cholesterol 0mg

Protein 1.6g

Carbohydrates 17.6g

Fiber 3.8

Sugar 0.0g

Sodium 43mg

Dietary Exchanges: Milk: 0.0, Vegetable: 4.8, Fruit: 0.0, Bread: 0.0, Lean Meat: 0.0, Fat: 0.0, Sugar: 0.0, Very lean meat protein: 0.0.