

Herbed Spaghetti Squash with Parmesan

Yield: 4 servings
Serving size: 1 ½ cups
Prep Time: 1 hour



Ingredients

- ✓ 1 small spaghetti squash (about 2 ½ pounds)
- ✓ 2 Tablespoons olive oil
- ✓ ½ cup grated Parmesan cheese
- ✓ 2 Tablespoons savory salt-free seasoning (basil, chives, parsley, and sage, etc... fresh herbs work great too!)
- ✓ Ground black pepper, to taste

Directions:

1. Preheat oven to 375 degrees F.
2. Using a sharp knife, pierce the squash all around to vent.
3. Bake for 60 minutes, until the squash is easily pierced with a paring knife.
4. Remove from the oven and allow to cool slightly.
5. Slice squash in half length-wise. Using a fork, remove the seeds.
6. With a spoon, scrape the strands of squash away from the peel and place into a mixing bowl.
7. Add the olive oil, Parmesan cheese, herbs, and pepper, toss gently to combine and enjoy!

Nutrition Facts:

Nutrition Facts	
Serving Size (244g)	
Servings Per Container	
Amount Per Serving	
Calories 160	Calories from Fat 90
% Daily Value*	
Total Fat 10g	15%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 190mg	8%
Total Carbohydrate 15g	5%
Dietary Fiber 3g	12%
Sugars 6g	
Protein 5g	
Vitamin A 6%	• Vitamin C 15%
Calcium 15%	• Iron 4%
*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	

Lifestyle Tips:

Spaghetti squash is a great low carb alternative to pasta when preparing classic Italian dishes such as Chicken Parmesan or spaghetti. It is also lower in calories and higher in vitamins & minerals than traditional pasta.

Spaghetti squash is a hard-shelled squash available in early fall through late winter. It needs time in the oven to become tender, but after that it's very easy to prepare. Make sure to get the squash started early, and use the roasting time in the oven to prepare the other items in your meal, or just relax!