

CHEESY SPAGHETTI SQUASH

Gluten Free, Low Carb / Diabetes Friendly, Lower Saturated Fat, Lower Sodium, Vegetarian

Serves: 1/2 cup

Nutrition (per serving)

Calories: 100	Total Carbohydrate: 15
Total Fat: 3 g	Dietary Fiber: 2 g
Saturated Fat: 1.5 g	Protein: 5 g
Sodium: 170 mg	

Ingredients

- 1 large spaghetti squash
- 2 Tbsp parmesan cheese
- 2 diced tomatoes
- 1/2 cup shredded reduced fat mozzarella cheese
- 1/4 cup chopped fresh parsley

Directions

1. Pierce spaghetti squash several times with a fork or sharp knife.
2. Microwave on high for about 10 minutes or until soft, turning over after 5 minutes. Let stand 5 minutes.
3. Cut squash in half, remove and discard seeds.
4. Using a fork scrape the insides of the squash to form strands; reserve one squash shell.
5. Toss strands with parmesan, mozzarella, tomatoes, and parsley. Spoon mixture back into the reserved shell.
6. Microwave on high for 2 minutes to heat through.