



Spaghetti Squash

1 spaghetti squash
2 tablespoons olive oil
1 clove fresh garlic, thinly sliced
1 tsp. salt
1 tsp. pepper

Preheat oven to 375 degrees. Cut spaghetti squash in half, then scoop out and discard seeds. Place halves face up on an oven-safe dish. Rub squash with olive oil. Sprinkle with salt and pepper and then spread garlic slices on top.

Place squash on the upper rack of the oven and bake for approximately 40 minutes or until the squash separates from the skin easily. Remove from oven and cool at room temperature for at least 20 minutes.

Use a fork to scoop and separate squash strands. Makes approximately 8-½ cup servings—depending on the size of the squash.

Nutrition information per ½ cup serving: 51 calories, 1 gram protein, 4 grams fat, 1 gram carbohydrate, 304 mg sodium.

Note: This versatile squash can be topped with Parmesan, Romano or Feta cheese, sautéed veggies, or traditional pasta sauces. Serve tomato and other sauces in a small dish on the side to prevent the squash from becoming mushy.