

## Spaghetti Squash

### Ingredients:

- 1 spaghetti squash, halved lengthwise and seeded
- 2 tablespoons vegetable oil
- 1 onion, chopped
- 1 clove garlic, minced
- 1 1/2 cups chopped tomatoes
- 3/4 cup crumbled feta cheese
- 3 tablespoons sliced Kalamata olives
- 2 tablespoons chopped fresh basil
- Add additional vegetables as desired



### Directions

1. Preheat oven to 350 degrees F (175 degrees C). Lightly grease a baking sheet.
2. Place spaghetti squash with cut sides down on the prepared baking sheet, and bake 30 minutes in the preheated oven, or until a sharp knife can be inserted with little resistance. Remove squash from oven and set aside to cool enough to be easily handled. (You can also poke holes in whole squash and microwave for approximately 10 minutes until knife can be inserted easily.)
3. Meanwhile, heat oil in a skillet over medium heat. Cook and stir onion in oil until tender. Add garlic; cook and stir until fragrant, 2 to 3 minutes. Stir in tomatoes and cook until tomatoes are warmed through.
4. Use a large spoon to scoop the stringy pulp from the squash and place in a medium bowl. Toss with the vegetables, feta cheese, olives and basil. Serve warm.

1 serving

Servings per recipe: 6

Calories: 147

Total fat: 9.8 grams

Saturated fat: 3.6 grams

Total carbohydrates: 12.8 grams

Dietary fiber: 1 gram

Protein: 4.1 grams

Submitted by: MSU Extension

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