



Spaghetti Squash Pasta

If you have never seen spaghetti before, you would be surprised to see that it looks exactly like spaghetti! This recipe is a fiber-packed alternative to any pasta dish.

<u>U.S.</u>		<u>Metric</u>
1 each	Spaghetti Squash, halved lengthwise, seeds removed	1 each
2 tsp	Olive Oil	10 mL
3 each	Tomato, medium dice	3 each
1/2 each	Onion, medium dice	1/2 each
2-3 cloves	Garlic, minced	2-3 cloves
2 Tbsp	Parmesan Cheese, grated	12 g
1 (15 oz) can	Cannellini Beans, low sodium, drained and rinsed	425 g
1/2 tsp	Kosher Salt	3 g
To taste	Black Pepper, ground	To taste
3 Tbsp	Parsley, fresh, chopped	12 g

Preparation:

1. Gather all ingredients and equipment. (Size 10)
2. Preheat oven to 350°F (180°C).
3. Line a baking sheet with tin foil. Drizzle half of the olive oil on the inside of the spaghetti squash. Place cut-side down on the baking sheet. Bake for about 40 minutes, until fork tender.
4. While the spaghetti squash is baking, cut all vegetables and prepare the rest of the ingredients.
5. Heat a medium saute pan over medium-high heat and add the remaining olive oil. When the oil is hot, add the onion.
6. Cook the onion until it is translucent and beginning to turn brown. Add the garlic, cook for 30 seconds, then add the tomatoes, cannellini beans, salt, and pepper.
7. Reduce heat to low and allow the mixture to simmer for 7-10 minutes, or until most of the liquid has evaporated.
8. When the spaghetti squash is finished baking, remove from the oven and set aside until it is cool enough to handle.
9. Once the squash has cooled, use a fork to remove the flesh, which should create long strands that resemble spaghetti.
10. Add the spaghetti squash to the tomato and white bean mixture. Toss in parmesan cheese and parsley.
11. Serve hot and enjoy.

****Nutrition Facts on Reverse**

Nutrition Facts

4 Servings

Serving size **2 cups**

Amount per serving

Calories **200**

Calories from Fat 45

Total Fat 5 g

 Saturated Fat 1 g

 Trans Fat 0 g

 Monounsaturated Fat 0 g

Cholesterol 5 mg

Sodium 210 mg

Total Carbohydrate 31 g

 Dietary Fiber 8 g

 Total Sugars 8 g

 Includes 0g Added Sugars

Protein 8 g

Vitamin D 0 %

Calcium 8 %

Iron 15 %

Potassium 255 mg

Phosphorus 37 mg
