

# Spaghetti Squash with Tomatoes, Basil and Parmesan



## INGREDIENTS:

- 1 spaghetti squash (about 1½ pounds), halved lengthwise, seeds and stringy fibers removed
- 1/2 cup fresh basil, chopped
- 1 cup cherry tomatoes, quartered
- 3 Tablespoons Parmesan cheese
- 1/4 teaspoon dried oregano
- 3 Tablespoons olive oil
- Salt and pepper to taste

## EQUIPMENT NEEDED:

- Knife
- Cutting board
- Measuring spoons and cups
- Microwave-safe baking dish
- Spoon
- Fork or whisk

Wash your hands with soap and water, then gather all your equipment and ingredients and put them on a counter.

## DIRECTIONS:

1. Rinse and dry all vegetables/herbs.
2. Cut the squash in half lengthwise. Using a spoon, remove and discard seeds and connected stringy fibers.
3. Place the 2 squash halves, cut-side down, in a baking dish. Add about 1/4 cup water and cover with plastic wrap.
4. Microwave on high for 12 minutes or until soft when pressed. Let stand covered for 3 minutes.
5. Remove the basil leaves from the stems (discard) and chop the leaves.
6. Quarter the cherry tomatoes.
7. In a large bowl, whisk 3 Tablespoons oil, 2 Tablespoons Parmesan and 1/4 teaspoon oregano.
8. Add the tomatoes and basil to bowl and season lightly with salt and pepper to taste and stir to combine.
9. Scrape squash (will look like spaghetti) out of the skins with a fork (discard the skins) and add to tomato/basil mixture. Toss until combined.
10. Sprinkle with remaining 1 Tablespoon of Parmesan cheese.
11. Refrigerate leftovers within 2 hours.

## NOTES:

- You can substitute 2 teaspoons dried basil for the fresh basil.
- Instead of discarding the seeds, remove them from the stringy fibers and roast as you would pumpkin seeds.



**Serving size** 227g  
**Calories** 170

Amount per serving		% Daily Value*
Nutrition		
<b>Total Fat</b> 12g		<b>15%</b>
Saturated Fat 2g		<b>10%</b>
Trans Fat 0g		
<b>Cholesterol</b> 5mg		<b>2%</b>
<b>Sodium</b> 140mg		<b>6%</b>
<b>Total Carbohydrate</b> 14g		<b>5%</b>
Dietary Fiber 3g		<b>11%</b>
Total Sugars 6g		
Includes 0g Added Sugars		<b>0%</b>

Protein		
<b>Protein</b> 3g		
Vitamin D 0mcg		<b>0%</b>
Calcium 85mg		<b>6%</b>
Iron 1mg		<b>6%</b>
Potassium 296mg		<b>6%</b>

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



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