

Spaghetti Squash with Pomodoro Sauce

Adapted from: SELF, November 2002
 Category: Vegetable

Servings: 4
 Prep time: 45 minutes

Ingredients

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|-------------------------------------|-------------------------------|
| 1 spaghetti squash (about 1½ pound) | 1 teaspoon white wine vinegar |
| 3 teaspoons olive oil | 1 teaspoon dried oregano |
| 2 cloves garlic, peeled and minced | 1 teaspoon dried basil |
| 1 small onion, finely chopped | ½ teaspoon red pepper flakes |
| 1 cup diced red plum tomatoes | Fresh basil |
| 1 Tablespoon tomato paste | 20 wild caught shrimp, boiled |

Instructions

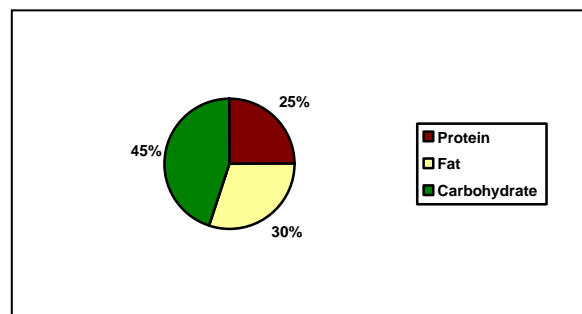
Preheat oven to 375°. Halve squash lengthwise and scoop out seeds. Coat a baking sheet with one teaspoon olive oil, lay halves, flesh side down, on sheet. Bake 35 minutes or until you can easily pierce shell. While squash bakes, sauté garlic and onion in oil over medium heat 5 minutes. Add remaining ingredients except fresh basil and cook stirring occasionally, for 30 minutes. Lower heat if sauce begins to boil. Remove squash from oven. Using a fork, scrape crosswise to pull strands from shell. Place in nonmetal serving bowl. Pour sauce over squash and garnish with fresh basil. Serve with boiled shrimp.

Pair each serving with 1 slice 100% whole grain bread.*

Nutritional Facts Per Serving

Recipe Only:

Serving Size: ½ cup squash
 Sugar:Fiber = 2:1
 Mono:Sat = 4:1
 Calories: 130
 Carbohydrates (g): 16
 Fat (g): 5
 Cholesterol (mg): 55
 Protein (g): 9
 Sodium (mg): 95



*Recipe + Pairing:

Serving Size: ½ cup squash and bread
 Sugar:Fiber = 1.5:1
 Mono:Sat = 3.5:1
 Calories: 210
 Carbohydrates (g): 34
 Fat (g): 6
 Cholesterol (mg): 55
 Protein (g): 13
 Sodium (mg): 270

