

Spaghetti Squash Spaghetti



MAKES 4 SERVINGS

Ingredients:

- 1 medium spaghetti squash
- 2 garlic cloves, minced
- 1 Tbsp olive oil
- ½ c chicken or vegetable broth
- ½ c onion, chopped
- ½ c mushrooms, chopped
- 1 c tomatoes, chopped
- ¼ c grated Parmesan cheese
- 2 tsp Italian seasoning
- Pepper to taste



Directions:

Preheat oven to 350°F. Place the whole spaghetti squash inside of the oven on a baking sheet. Cook the squash approximately 45 minutes, until it's tender but not too soft. Remove from oven and allow it to cool. Once cooled, cut in half long ways and remove the seeds from the middle using a spoon. Then, using a fork, scrape the meat of the squash. It should separate into noodle-like strands.

To prepare the sauce, heat olive oil on medium-heat in a saucepan. Add the garlic, onion, and mushrooms and sauté until tender. Then add the tomatoes, broth, and seasonings. Simmer for 15-20 minutes or until the liquid is reduced.

To serve, top spaghetti squash noodles with the sauce. Garnish with Parmesan cheese and pepper.