

LUNCH OR DINNER — MAIN DISH

Spaghetti Squash Spaghetti

Makes 4 servings · about 1 cup each

SATIETY SCORE 3 / 5	NUTRITION HIGH
Per serving (approx.): Protein 5 g · Fiber 4 g · Calories 120	

Ingredients

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

Directions

1. Preheat the oven to 350°F. Roast the whole squash on a baking sheet about 45 minutes, until tender but not too soft; let cool.
2. Halve lengthwise, remove seeds, and scrape into noodle-like strands with a fork.
3. For the sauce, heat the olive oil over medium; sauté the garlic, onion, and mushrooms until tender.
4. Add the tomatoes, broth, and seasonings; simmer 15–20 minutes, until reduced.
5. Top the squash noodles with the sauce and garnish with Parmesan and pepper.

Ingredient tip: When a recipe uses a packaged or processed food, choose a version with five or fewer ingredients on the label.

Rating based on the NuStart Satiety & Nutrient Food Guide. Per-serving values are approximate and vary with brand, variety, and preparation.

GROCERY LIST

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Check off what you need — items are grouped by store section.

PRODUCE

- ☐ 1 medium spaghetti squash
- ☐ 2 garlic cloves
- ☐ 1 medium onion (about ½ cup chopped)
- ☐ 4 oz mushrooms (about ½ cup sliced)
- ☐ 1 medium tomato (about 1 cup chopped)

DAIRY & EGGS

- ☐ ¼ cup Parmesan cheese

PANTRY & DRY GOODS

- ☐ ½ cup chicken or vegetable broth

CHECK YOUR PANTRY

- ☐ Olive oil
- ☐ Italian seasoning
- ☐ Black pepper