

Spaghetti Squash Sauté

with Garlic

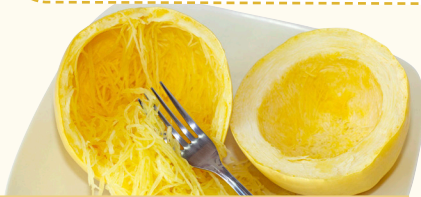
1 spaghetti squash
(about 2 pounds)

1 tbsp olive oil

1-2 tsp minced garlic

2 tsp fresh lemon juice

¼ tsp black pepper



EASY | RECIPE

1. Preheat oven to 400°F. Cut spaghetti squash in half; remove seeds and pulp.
2. Place squash, cut side down, in a baking dish; add ½ inch of water. Bake 35-40 minutes, or until squash is tender.
3. Remove squash from baking dish and cool 5-10 minutes, or until you can handle the shell.
4. Using a fork, scrape spaghetti-like strands from shell into a bowl.
5. In large skillet, heat oil over low heat; add garlic and cook about 5 minutes.
6. Increase heat to medium and add squash; season with lemon and pepper. Cook, tossing frequently, until squash is hot.

Options: Top with sliced olives, sliced sundried red peppers or a light sprinkle of Parmesan cheese.

Makes about 4 servings. Per serving:

72 calories | 1g protein | 3.8g total fat | 0.6g saturated fat | 2.5g mono fat | 0.4g poly fat
0.0mg cholesterol | 10g carbohydrate | 2.2g fiber | 33mg sodium