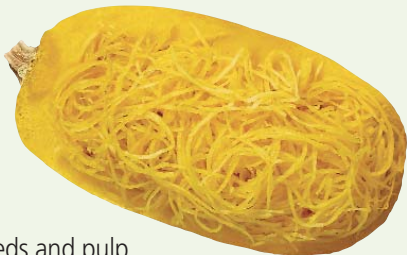




## RECIPE OF THE Month

# Spaghetti Squash Sauté with Garlic

- 1 spaghetti squash (about 2 pounds)
- 1 tbsp olive oil
- 2 cloves garlic, minced
- ½ tsp black pepper
- ¼ tsp sea salt



- 1 Cut spaghetti squash in half. Remove seeds and pulp.
- 2 Place squash, cut side down, in a baking dish; add ½ inch of water.
- 3 Bake in a preheated 400°F oven for 35-40 minutes, or until squash is tender. Remove from baking dish and cool until you can handle the shell.
- 4 Using a fork, scrape the spaghetti-like strands out of the shell into a bowl.
- 5 In a large skillet, heat oil over low heat. Add garlic and cook until fragrant and just starting to color, about 5 minutes.
- 6 Add squash, season with salt and pepper and gently toss until squash is hot and ready to serve. *Option:* Top with a light sprinkle of grated Parmesan cheese.

**MAKES ABOUT 4 ONE-CUP SERVINGS.**

**PER SERVING:** 72 calories | 1g protein | 4g fat | 10g carbs | 2.2g fiber | 173mg sodium