

Spaghetti Squash with Marinara

Spaghetti squash gives you the look and feel of pasta for less than a quarter of the calories and carbs. Serve with our healthy, homemade marinara sauce and sprinkle with Parmesan cheese.

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INGREDIENTS

- 1 large spaghetti squash
- 2 Tbsp. extra virgin olive oil
- 1/8 tsp. salt
- 1/4 tsp. pepper
- 1 tsp. onion powder
- 1.5 Tbsp. garlic, minced
- 15 oz. can of unsalted cannellini beans, drained and rinsed
- 1 zucchini, cubed
- 1/2 onion, diced
- 8 oz. mushrooms, cubed
- 2.5 cups diced tomato, canned
- 2 oz. tomato paste (about 1/3 of a 6 oz. can)
- 4 Tbsp. parmesan cheese

PREPARATION

1. Cut spaghetti squash in half lengthwise. Scoop out seeds and string. Coat inside with 2 tsp. extra virgin olive oil, salt and pepper.
2. Bake spaghetti squash in 350 degree oven for 35 minutes, insides up. Let cool. Scrape insides out and sauté them in 2 tsp. olive oil with cannellini beans and 1 Tbsp. garlic.
3. In another pot, heat 2 tsp. of oil over medium heat. Add zucchini and mushrooms, onion powder, and remaining 1/2 Tbsp. garlic. Add canned tomatoes and tomato paste. After 10 minutes, turn heat down to low and let simmer for 1-2 hours. Add water as needed to obtain desired thickness.
4. Serve squash mixture topped with sauce. Sprinkle each serving with 1 Tbsp. of parmesan cheese.

NUTRITIONAL ANALYSIS (per serving)

340 Calories
11g Total Fat
2g Saturated Fat
5mg Cholesterol
780mg Sodium
48g Total Carbohydrate
11g Dietary Fiber
16g Sugars
13g Protein