Spaghetti Squash with Garlic and Parsley

Spaghetti squash is a good source of dietary fiber and vitamin C, and can be used in many recipes in place of spaghetti noodles.

Servings: 8
Serving Size: 1/8 recipe
Calories: 125
Total Fat: 6g
Saturated Fat: 2g
Cholesterol: 5mg
Sodium: 156mg
Total Fiber: 3g
Protein: 4g
Carbohydrates: 16g
Potassium: 260mg

1. Preheat the oven to 375°F.
2. Cut squash lengthwise so there are two pieces. Remove seeds and seed membranes. Lightly coat cut side with olive oil. Place on baking sheet, cut-side down
3. Bake for 1 hour, until the squash is soft and easy to pierce with a knife. Remove from oven and allow to cool until you can handle it.
4. Heat remaining oil in a large skillet over medium heat. Add garlic and bread crumbs. Cook for 1 minute. Scoop out the squash flesh with a fork to separate the spaghetti-like strands and add to the skillet. Add parsley. Toss together and cook for about 6-8 minutes more.
5. Remove from heat and top with Parmesan cheese

Recipe modified from Sustainable Food Center Fresh Seasonal Recipes 3rd Edition

1 spaghetti squash, about 3 lbs.
2 Tablespoons olive oil, divided
6 cloves of garlic, minced
4 Tablespoons plain breadcrumbs
4 Tablespoons parsley, finely chopped
1/2 cup freshly grated parmesan cheese
salt and pepper to taste