



Cheesy Spaghetti Squash

Ingredients:

- 1 medium spaghetti squash (about 2 1/2 pounds)
- 1 tablespoon all-purpose flour
- 1 1/2 teaspoons olive oil
- 1/4 cup chopped sweet onion
- 1 tablespoon minced garlic
- 1 tablespoon Italian seasonings
- 1/8 teaspoon red pepper flakes
- 1/2 teaspoon kosher salt
- 1/8 teaspoon black pepper
- 1/2 cup Greek yogurt, non-fat
- 1/2 teaspoon sugar
- 1/3 cup shredded mozzarella cheese, part skim
- 1/2 cup diced tomatoes
- 1 tablespoon minced parsley



Directions:

1. Wash hands with warm water and soap. Wash fresh vegetables before preparing.
2. Using a paring knife pierce 6-8 holes into the squash around the stem end. Place the whole squash in the microwave and cook for about 8 minutes or until skin slightly gives when squeezed. Allow to rest in microwave for about 5 minutes to continue steaming.
3. When squash is cool, slice in half lengthwise and gently scrape out the seeds and discard. Use a fork to scrape squash noodles into a large mixing bowl.
4. Add flour to squash and toss well.
5. Heat olive oil in large skillet over medium high heat.
6. Add onion, garlic, Italian seasoning, red pepper flakes, salt and pepper. Cook 1 minute stirring occasionally be careful and don't let the garlic turn dark.
7. Add spaghetti squash, yogurt, sugar and cheese. Stir to combine and cook 2-3 minutes or until warmed through and fragrant.
8. Remove from heat and transfer to a serving dish. Garnish with diced tomatoes and parsley. Serve warm.

Nutrition Facts (Per Serving)

Calories, 120; Carbohydrate, 17 gm; Protein, 7 gm; Total Fat, 4 gm; Saturated Fat, 1.5 gm; Trans Fat, 0 gm; Cholesterol, 5 mg; Fiber, 3 gm; Total Sugars, 7 gm; Sodium, 330 mg; Calcium, 132 mg; Folate, 25 mcg; Iron, 1 mg; Calories from Fat, 29%.

Makes 4 servings, 1 cup each

The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact 1-800-352-8401. This institution is an equal opportunity provider and employer. This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP.

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