Vegetables and fruits can help make you feel and look healthy. By being a smart shopper and storing foods properly, you can make the most of your family’s budget while including vegetables and fruits in your meals. Make it a habit to include these tasty foods whenever you can. There are so many colorful vegetables and fruits to enjoy!

**Cheesy Spaghetti Squash**

**Ingredients**
- 1 medium spaghetti squash (about 2 pounds)
- 1 teaspoon olive oil
- 1/4 cup water
- 1 chopped red onion
- 1 chopped garlic clove
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper

**Directions**
1. Wash the squash with warm water and soap. Wash fresh vegetables before preparing.
2. Using a fork, pierce 6-8 holes into the squash around the stem end. Place whole squash in the microwave and cook for about 4 minutes or until skin slightly gives when squeezed. Allow to rest in microwave for about 15 minutes to continue cooking.
3. When squash is cool, slice in half lengthwise and gently scrape out the seeds and discard. Use a fork to separate squash noodles into a large mixing bowl.
4. Add olive oil to squash and toss well.
5. Heat olive oil in a 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 cheese melts.
8. Remove from heat and transfer to a serving dish. Garnish with diced tomatoes and parsley. Serve warm.

**Nutrient Analysis per serving:**
- Calories, 120; Carbohydrate, 17 gm; Protein, 7 gm; Fat, 2.5 gm; Cholesterol, 5 mg; Sodium, 208 mg
- Total Sugars, 7 gm; Fiber, 3 gm
- Calcium, 79 mg; Iron, 1 mg; Total Fat, 29%