SPAGHETTI SQUASH WITH POMODORO SAUCE

Yield: 9 Servings (4 oz. per serving)

TOTAL TIME: 1 hour

INGREDIENTS

- 1 large spaghetti squash, halved stem to blossom end, seeded
- 1 Tbsp. extra-virgin olive oil
- 1 small cooking onion, minced (½ cup)
- ⅛ tsp. crushed red pepper
- 1 large clove peeled garlic, minced
- 1 small sprig fresh rosemary
- ½ of a 28 oz. can San Marzano tomatoes (with juices), tomatoes crushed or blended (1½ cups)
- Salt and pepper to taste
- 2 tsp. grated Pecorino Romano cheese, divided
- 12 small leaves basil, thinly sliced

PREPARATION

1. Place squash, skin side up (one half at a time), on microwave-safe dish; cover with microwave-safe plastic wrap. Microwave on high, 10–12 min., until tender. Let rest covered, 10–15 min., until cool enough to handle; carefully remove plastic wrap to avoid steam.
2. Run tines of fork lengthwise over cut surface of squash to loosen spaghetti-like strands; scoop out strands.
3. Heat oil in skillet on medium low; add onion and pepper flakes; cook 5 min., or until onion is translucent but not browned.
4. Add garlic; continue to cook 2 min. Add rosemary and tomatoes; season with salt and pepper. Simmer on low 10 min. Remove and discard rosemary.
5. Add spaghetti squash to sauce; toss quickly and gently to heat through.
6. Top each serving with ½ tsp. cheese and garnish with basil.

NUTRITION

Per serving: Calories: 45; Fat: 2 g (0 g saturated fat); Cholesterol: 0 mg; Carbohydrates: 6 g; Protein: 1 g; Sodium: 40 mg.

Recipe courtesy of Wegmans