

Spaghetti Squash with Roasted Veggies and Parmesan

1 spaghetti squash, halved and seeded
2 tsp olive oil
1 Tbsp fresh lemon juice
1 shallot, chopped
2 garlic cloves, chopped
¼ tsp crushed red pepper (optional)
1 ½ cup chopped fresh tomatoes or 15 oz can diced tomatoes, drained
2 Tbsp fresh basil
1 yellow pepper, chopped
1 cup chopped asparagus
1 cup sliced mushrooms
¼ tsp ground fresh pepper
2 Tbsp sliced black olives
1 Tbsp grated parmesan cheese

Preheat oven to 375 degrees F. Use non-stick cooking spray to grease a baking sheet.

Place spaghetti squash face down on baking sheet and place in oven for about 30 minutes or until soft. Remove squash and set aside to cool. Turn oven to broil.

In small bowl mix yellow pepper, mushrooms and asparagus with 1 tsp olive oil and fresh ground pepper. Pour veggies onto baking sheet and place in oven for 10 minutes.

Meanwhile, heat 1 tsp oil in medium skillet. Add shallot, garlic and red pepper. Sauté for 2 minutes. Add tomatoes and basil and cook for about 3 minutes. Remove veggies from oven. Use a fork to scoop out the stringy pulp from the squash and place in medium bowl. Add veggies and tomato mixture. Top with black olives and parmesan cheese and mix. Serve hot.

Serves 4.

Calories 110 Fat 3.5g Sat Fat 1g Carbohydrate 17g Dietary Fiber 3g Protein 4g Sodium 230mg