

# Spaghetti Squash Primavera

Serving size: 4 oz.

Total time: 25 minutes

## Ingredients



- 6 lbs. Spaghetti squash (fresh)
- 2 ½ Tbsp. Olive oil
- 2 ½ oz. Garlic (minced)
- 1 ½ oz. Red pepper (fresh) diced
- 1 ½ oz. Green pepper (fresh) diced
- 1 ½ oz. Carrots (fresh) diced
- 3 tsp. parsley (fresh) chopped
- 1 ½ tsp. salt
- 1 tsp. Ground Black pepper

## Preparation

1. Cut squash in half lengthwise and deseed. Place flesh side down on a treated sheet pan. Place squash in oven. Pour enough water to fill the bottom of the sheet pan. Roast in oven at 325° F until fork tender, approximately 30-35 minutes. Turn squash upright to cool.
2. Scoop out flesh, using fork to separate it into strands.
3. Heat olive oil in sauté pan. Add peppers and carrots and sauté until softened, approximately 5 minutes.
4. Add squash and toss. Season with parsley, salt and pepper.

## Nutritional Information Per serving

Calories: 50

Total Fat: 2.5g

Saturated Fat: 0g

Cholesterol: 0g

Total Carbohydrate: 7g

Dietary Fiber: 2g

Protein: Less than 1g

Sodium: 260mg