

March 2010  
Healthy Recipe of the Month

## Squash with Tomato-Garlic Sauce

**Preparation time:** 1 hour and 20 minutes

**Serves:** 4    **Cups of Fruits and Vegetables per Serving:** 2

**Each serving provides:** An excellent source of vitamins A and C, and a good source of folate, potassium and fiber.



**Ingredients:**

- 1 large spaghetti squash, cut in half lengthwise
- ½ tablespoon olive oil
- 5 medium firm, ripe tomatoes, peeled, seeded, and chopped
- 1 clove garlic, crushed with the side of a chef's knife
- ¼ cup balsamic vinegar
- ¼ cup reduced fat parmesan cheese, freshly grated
- ½ cup basil leaves, lightly packed, cut into thin strips
- ground black pepper and salt (optional)

**Directions:**

Preheat oven to 350 °F. Wrap the squash halves in aluminum foil and place in a baking dish. Bake for 45 minutes, or until tender. Reduce oven temperature to 200 °F. Meanwhile, in a large skillet, heat oil over medium heat. Add tomatoes and garlic and cook, stirring, for 20 to 30 minutes, or until the mixture thickens. Add vinegar and season with salt and pepper, if desired. Carefully open the foil (be careful of any steam) and remove squash. Scoop out the seeds and discard. With a large spoon, scoop the stringy flesh into a bowl. Using two forks, pull apart the flesh so it separates into spaghetti-like strands. Transfer the spaghetti squash to a serving dish. Spoon the tomato sauce over the squash and sprinkle with Parmesan and basil.

**Nutrition Information per 1-cup serving:**

Calories: 122	Carbohydrate: 20g	Dietary Fiber: 4g	Cholesterol: 8g
Total Fat: 3.9g	Protein: 4 g	Sodium: 148mg	
Saturated Fat: 0.4g	% of calories from fat: 27%		

*Fruits & Veggies—More Matters(r) recipes appear courtesy of Produce for Better Health Foundation (PBH). This recipe meets Centers for Disease Control & Prevention's (CDC) strict nutrition guidelines as a healthy recipe. Find this recipe and others like it online at [www.fruitsandveggiesmorematters.org](http://www.fruitsandveggiesmorematters.org).*