



## Spaghetti Squash and Roasted Tomatoes

### INGREDIENTS

1 medium spaghetti squash	20 cherry tomatoes, halved
2 TBSP olive oil	½ TSP salt
½ TSP oregano	1 clove garlic, minced
3 TBSP parmesan cheese; coarsely grated	¼ cup parsley leaves; chopped
Black pepper to taste	

### DIRECTIONS

**Roasting Spaghetti Squash:** Preheat oven to 450F. Place the whole squash on one sheet pan. Roast the squash for 1 hour or slightly longer, until a fork pierces the skin easily and the squash is very soft.

**Microwaving Spaghetti Squash:** Cut squash in half length-wise. In a glass baking dish arrange ONE squash half, cut side down. Pour ¼ cup water around it and cover the dish with a paper towel or microwave-safe cover. Microwave on high power for approx. 10-12 minutes, or until it is soft when pressed. Let stand, covered, for 3 minutes. Repeat for the other half of the squash.

**Roasting Tomatoes:** On a sheet pan (this can be done at the same time you are roasting the squash), arrange the halved cherry tomatoes in a single layer. Drizzle the tomatoes with ½ TSP of the olive oil and sprinkle them with salt. Roast for 30 minutes, until dark at the edges and shriveled.

**Sautéing Spaghetti Squash and Roasted Tomatoes:** Once the squash and the tomatoes are both cooked, cut the squash in half and scoop out and discard the seeds. With a fork, shred the flesh of the squash to look like spaghetti. In a large skillet, heat the remaining oil and garlic over medium/high heat for about 2 minutes. Add the shredded spaghetti squash, the roasted tomatoes, parsley, and oregano. Toss the mixture with salt and pepper to taste. Fold in the parmesan cheese and serve immediately. Makes 4 servings; 120 calories each.