



Red Pepper Sauce & Spaghetti Squash

INGREDIENTS

1 medium spaghetti squash	1 - 16 oz jar roasted red peppers	1 TBS olive oil
1 small onion; chopped	2 cloves garlic; minced	2 TBS tomato paste
1 tsp. dried oregano	1/8 tsp. red pepper flakes	1 tsp lime juice
fresh parsley; finely diced	1 tsp. salt	1/2 tsp. black pepper

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 is very soft. Let cool.

Microwaving Spaghetti Squash: Cut squash in half lengthwise. In a glass baking dish arrange ONE squash half, cut side down. Pour 1/4 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. Let cool.

When squash cool, scrape the inside with a fork to remove long strands. Place in a large bowl or on plates.

Red Pepper Sauce: In a large saucepan, heat olive oil over medium heat. Add onion; sauté until softened, about 3 minutes. Stir in garlic; cook for 2 minutes. Add tomato paste, oregano, red pepper flakes, salt and pepper. Simmer for 10 minutes. In a blender, add ingredients: lime juice, basil/parsley leaves, tomato mixture and roasted peppers. Blend until smooth. Top spaghetti squash with the sauce, garnish with chopped basil or parsley and serve warm. Makes 4 servings; 100 calories each.