

Spaghetti Squash with Tomatoes, Basil and Parmesan

Makes 4 servings

Ingredients:

- 1 spaghetti squash (about 1½ pounds)
- 1 tablespoon olive oil
- 3 tablespoons Parmesan cheese
- ¼ teaspoon dried oregano
- 2 teaspoons dried basil (or ½ cup fresh basil, chopped)
- 1 cup cherry tomatoes (thinly sliced)
- Salt and pepper (to taste, optional)

Directions:

1. Place the 2 squash halves, cut side down, in a glass baking dish.
2. Add about ¼ cup water and cover with plastic wrap.
3. Microwave high for 12 minutes or until soft when pressed. Let stand covered for 3 minutes.
4. In a large bowl, whisk oil, basil, oregano and 2 tablespoons Parmesan cheese.
5. Stir in tomatoes and season lightly with salt and pepper to taste.
6. Scrape squash out with a fork, add strands to tomato mixture and toss until combined.
7. Sprinkle with remaining 1 tablespoon Parmesan cheese.

REFERENCES: USDA What's Cooking? USDA mixing bowl. Retrieved November 23, 2015 from, <http://www.whatscooking.fns.usda.gov/recipes/supplemental-nutrition-assistance-program-snap/spaghetti-squash-tomatoes-basil-and-parmesan>