Spaghetti Squash with Tomato-Kale Sauce

Spaghetti squash is a great alternative to wheat spaghetti but acts just like it! Combined with the tomato-kale sauce, you’ll be sure to fight off any cold winter blues with this dish!

Prep time: 20 minutes • Cook time: 15 minutes

Ingredients:

- 1 tablespoon olive oil
- 1 medium onion, chopped
- 2 cups kale, chopped
- 1 zucchini, chopped
- 1 medium yellow pepper, chopped
- 2 spaghetti squash
- 2 cloves garlic, minced
- 2 tablespoons Italian seasoning
- 1 tomato, diced
- 14.5 oz. can tomato sauce, no salt added

Directions:

1. Heat olive oil in a pan over medium heat. Add onion, kale, zucchini, and pepper, sauté until tender-crisp (about 5 minutes).
2. Meanwhile, cut spaghetti squash in half length-wise and scrape out the seeds. Place the squash in a microwave-friendly dish, fill bottom of dish with about ½ inch of water, and cover. Microwave squash until strands separate easily with a fork, or about 8 minutes. Let sit until cool enough to touch. Scrape out the flesh of the squash.
3. When the vegetables are tender, add the garlic, Italian seasoning, diced tomatoes, and tomato sauce and heat through. Season sauce further to taste.
4. Serve sauce over hot squash.

Serves 6

Nutrition Information / Amount per serving:

<p>| | | | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>163</td>
<td>Protein</td>
<td>4.6 g</td>
</tr>
<tr>
<td>Total fat</td>
<td>4 g</td>
<td>Total Carbohydrates</td>
<td>32.1 g</td>
</tr>
<tr>
<td>Saturated fat</td>
<td>0.6 g</td>
<td>Dietary Fiber</td>
<td>7.6 g</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>0 mg</td>
<td>Sodium</td>
<td>80 mg</td>
</tr>
</tbody>
</table>

For other great recipes, check out our cooking classes and cookbooks at www.nutritioncenter.colostate.edu