

Spaghetti Squash with Tomatoes and Feta



Makes:

4 servings

Utensil:

12" Chef's Gourmet Skillet
12" Electric Oil Core Skillet
medium mixing bowl

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Recipe Description:

A main-dish vegetarian meal with only 118 calories and 4 grams of saturated fat - and it's delicious. Fresh tasting, spaghetti squash is a flavorful and healthy substitute for pasta. Enjoy this "good" carb!

1
spaghetti squash, halved lengthwise, cored and seeded
1
onion, julienned, use Cone #2
3
cloves
garlic, finely chopped
2
cups
tomatoes, chopped
(360
g)
¹/₄
cup
feta cheese, crumbled
(113

g) ¹?₃

cup
black olives, chopped
(42

g) ¹?₄

cup
fresh basil, chopped
(42

g)
Salt and pepper to taste

Directions:

1. Preheat electric skillet to 350°F/176°C. Rinse spaghetti squash, do not dry. Place skin-side down into electric skillet, cover and cook for approximately 55 minutes or until a fork can be easily inserted into the squash. Remove and set aside until cool enough to easily handle.
2. Preheat skillet on medium heat. When several drops of water sprinkled on the pan skitter and dissipate place onions and garlic in pan and sauté until onion is tender, approximately 5 minutes. Stir in tomatoes and cook until tomatoes are warm. Remove from heat.
3. With a fork or large spoon scoop out the stringy pulp from the squash and place in medium bowl. Discard the skin.
4. Toss the sautéed vegetables, feta cheese, olives and basil with the squash. Serve warm.

Tips:

- May substitute parmesan, Romano or pecorino cheese for feta.
- Refrigerate leftovers.
- Serve as a main dish or a side-dish.

Nutritional Information per Serving

Calories:

118

Total Fat:

6g

Saturated Fat:

4g

Cholesterol:

25mg

Sodium:

425mg

Total Carbs:

11g

Dietary Fiber:

2g

Sugar:

6g

Protein:

6g