

## Italian-Style Spaghetti Squash

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2 pounds spaghetti squash, halved lengthwise and seeded

2 tbls olive oil

1 med red onion, thinly sliced

1 zucchini (8 ozs), cut into 1/2" dice

4 med tomatoes, diced

1/4 tsp salt

1/4 tsp coarsely ground pepper

1 small lemon, sliced

1/2 cup grated parmesan cheese

### **Nutritional Facts:**

Calories = 190

Fat= 9g Sat. Fat = 1g

Protein = 5g Carbs =28g

Fiber = 6g

### *Instructions:*

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Place the squash halves, cut sides down, in a glass baking dish. Add 1/4 cup water. And cover with plastic wrap. Microwave on high for 8-10 minutes until tender; cool slightly.

Meanwhile, in a large skillet, heat 1 tablespoon of oil. Add the onion and cook over medium-high heat for 3 minutes until onion is translucent. Add the zucchini and cook for 4 -5 minutes until the zucchini begins to brown. Add the tomatoes, salt, and pepper. Reduce the heat; simmer gently for 10 minutes.

Using a fork, scrape the squash strands into a bowl. Toss with the remaining tablespoon of oil. Mound the squash in the center of 4 pasta bowls and spoon the vegetable mixture around the squash. Drizzle with more oil, if desired, and garnish with Parmesan cheese, if using. Add the lemon slices.

Makes 4 servings

Source: The South Beach Diet Cookbook