



Spaghetti Squash 'n Shrimp Arrabbiata



PER SERVING (1/4th of recipe, about 1 1/3 cups squash with 1 heaping cup shrimp and sauce): 243 calories, 2g total fat (0g sat. fat), 838mg sodium, 37g carbs, 8.5g fiber, 15g sugars, 21g protein

Prep: 10 minutes **Cook:** 50 minutes

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Ingredients

1 spaghetti squash (about 4 1/2 lb.)
1 cup chopped onion
2 tsp. chopped garlic
1 tsp. red pepper flakes, or more to taste
One 28-oz. can crushed tomatoes (about 3 cups)
1 tsp. Italian seasoning
12 oz. raw medium shrimp, peeled, tails removed, deveined
1/2 cup chopped fresh basil
1/4 tsp. each salt and black pepper

Directions

Preheat oven to 400 degrees.

Microwave whole squash for 3 - 4 minutes, until soft enough to cut. Halve lengthwise; scoop out and discard seeds. Fill a large baking pan with 1/2 inch water and place squash halves in the pan, cut sides down. Bake until tender, about 40 minutes.

About 20 minutes before squash is done baking, bring a medium pot sprayed with nonstick spray to medium-high heat. Add onion, garlic, and red pepper flakes. Cook and stir until onion has softened and slightly browned, about 5 minutes.

Add tomatoes and Italian seasoning to the pot. Cook and stir until hot, 1 - 2 minutes. Reduce heat to medium low. Add shrimp and cook for about 5 minutes, until cooked through.

Remove pot from heat, stir in basil, and cover to keep warm.

Scrape out squash strands with a fork, and transfer to a strainer to drain excess moisture. Pat dry, if needed. Transfer to a large bowl and season with salt and black pepper.

Top each serving of squash (about 1 1/3 cups) with 1/4th of the saucy shrimp mixture (1 heaping cup). Dig in!

MAKES 4 SERVINGS

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