



Super-Sized Spaghetti with Spaghetti Squash



1/5th of recipe (about 2 cups): 197 calories, 1.5g total fat (0g sat. fat), 34mg sodium, 43g carbs, 6.5g fiber, 6g sugars, 7g protein

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



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Ingredients

1 spaghetti squash (at least 4 lbs.)
8 oz. uncooked whole-wheat spaghetti
Optional toppings: marinara sauce, grated Parmesan cheese

Directions

Preheat oven to 400 degrees.

Microwave squash for 6 minutes, or 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. ([Click here](#) for a slow-cooker alternative and a microwave-only option!)

Meanwhile, bring a large pot of water to a boil.

Cook pasta according to the package instructions, about 8 minutes.

Use a fork to scrape out the squash strands. Place in a strainer to drain excess moisture. Thoroughly blot dry, removing as much moisture as possible.

Transfer 5 cups squash strands to a large bowl. (Save any remaining squash for another time.) Drain pasta, add to the bowl, and mix well.

MAKES 1 SERVING

HG Heads Up: A 4-pound squash yields about 5 cups cooked squash . . . sometimes more!

HG FYI: A previous version of this recipe may have called for slightly different ingredients, but we've given it an upgrade! Nutritional info may vary accordingly.

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