

Oven Roasted Spaghetti Squash with Roma Tomato Marinara

THE JAMES
Mobile
Education
Kitchen

Heart Health

Serves: 4

Ingredients:

- 1 spaghetti squash
- Olive oil
- Salt and pepper
- 24 roma tomatoes – cut in half, lengthwise
- 8-10 garlic cloves
- Extra Virgin Olive Oil

Directions:

1. Heat the Oven to 450 degrees. Lay tomatoes out in a single layer on a roasting pan with the garlic cloves.
2. Drizzle with olive oil and season with salt and pepper. Roast for approximately 30 minutes
3. While the tomatoes and garlic is roasting, slice the squash lengthwise down the middle and remove the seeds.
4. Lay on a baking sheet and sprinkle the inside of the squash with olive oil, salt and pepper. Turn the squash cut side down on the pan.
5. Once the tomatoes and garlic have caramelized, remove from oven and set aside to let cool a little. Lower the oven temperature to 350 degrees and place the spaghetti squash in the oven for 45-60 minutes or until the squash easily pulls off the skin with a fork.
6. Take the tomatoes and garlic and blend them in a food processor or blender with chopped basil or chives.
7. Reheat before serving.
8. To serve, fluff the squash with a fork and remove strands of squash like spaghetti. Place a hefty scoop to serve on a plate, top with reheated pasta sauce, finish with parmesan or goat cheese.



Nutrition Information (per ¼ recipe):

Calories: 368 Fat: 17.2 g Carbs: 26.7 g Protein: 26.4 g Fiber: 8.5 g Sodium: 800 mg

<https://wexnermedical.osu.edu/nutrition-services>

