



Healthy Food for a Wealthy Mood



Spaghetti Squash with Tomato-Basil Sauce

1 spaghetti squash (3 lbs.)
Cooking spray
1 Tbsp. Olive Oil
2 garlic cloves, minced
1 can no-salt-added diced tomatoes (14.5 oz.)
1 can diced tomatoes (14.5 oz.)
½ cup chopped fresh basil, divided
6 Tbsp. Pecorino Romano cheese, shredded

Preheat oven to 350 degrees.

Cut squash in half lengthwise. Scoop out seeds; discard. Place squash halves, cut side down, on a baking sheet coated with cooking spray. Bake for 1 hour or until tender.

Heat oil in a medium saucepan over medium heat. Add garlic; cook 3 minutes, stirring occasionally. Add tomatoes; bring to a simmer. Cook for 15 minutes or until thickened. Remove from heat; stir in 1/3 cup basil.

Cool squash at room temperature for 10 minutes or until cool enough to handle. Scrape inside of squash with a fork to remove the spaghetti-like strands to measure about 5 cups. Divide squash evenly among 6 plates; top each serving with about 1/3 cup sauce and 1 tablespoon cheese. Top with remaining basil.

Serves 6

Calories 133; Fat 4.6g; Protein 4.3g; Carb 19.2g; Fiber 3.8g;
Chol 4mg; Iron 1.5mg; Sodium 311mg; Calc 158mg

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