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DIET CENTER

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**BAKED SPAGHETTI SQUASH WITH
 TOMATO SAUCE AND OLIVES**

Final Lifestyle

Ingredients

- | | |
|---------------------------------------|---|
| 1 spaghetti squash (about 3-1/4 lbs.) | 1/2 cup water |
| 1-1/2 TBS olive oil | 1/3 cup coarsely chopped pitted Kalamata olives |
| 1 cup minced fresh onion | 1 TBS capers |
| 1 TSP dried oregano | 1/4 TSP freshly ground black pepper |
| 1/2 TSP dried thyme | 1/8 TSP salt |
| 2 bay leaves | 1 (28-oz.) can crushed tomatoes, undrained |
| dash of crushed red pepper | 1/4 cup (4 TBS) grated fresh Parmesan cheese |
| 3 garlic cloves, minced and divided | 1/4 cup (4 TBS) chopped fresh parsley |
| 1 cup dry red wine | |

Instructions

1. Preheat oven to 375°.
2. Pierce squash with a fork. Place squash on a baking sheet. Bake at 375° for 1-1/2 hours or until tender. Cool.
3. Cut squash in half lengthwise. Discard seeds. Scrape inside of squash with a fork to remove spaghetti-like strands to measure 6 cups. Keep warm.
4. While squash is baking, heat oil in a large nonstick skillet over medium heat. Add onion, oregano, thyme, bay leaves and red pepper. Sauté 5 minutes.
5. Add 2 minced garlic cloves, wine and the next 6 ingredients (wine through tomatoes). Bring to a boil. Reduce heat, and simmer until thick (about 30 minutes).
6. Discard bay leaves. Serve sauce over squash.
7. Combine 1 minced garlic clove, Parmesan cheese and parsley. Sprinkle over each serving.

Portion-Per-Serving Information: (Yields 6 servings)

Serving = 1 cup squash, 3/4 cup sauce, 1 TBS topping = 2 V, 1/2 M, 1/2 FT