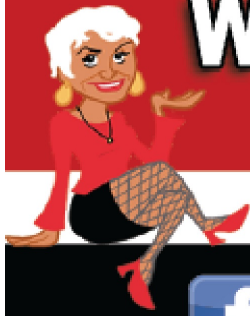


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SPAGHETTI SQUASH AMORE

Final Lifestyle

Ingredients

5 cups cooked spaghetti squash,
drained of excess moisture
1 cup canned crushed tomatoes
1/4 cup grated Parmesan
1/4 cup chopped fresh basil
1/2 TSP Italian seasoning
1/2 TSP salt

2 cups chopped portobello mushrooms
2 cups chopped zucchini
1 cup chopped red bell pepper
1 TSP chopped garlic
2/3 cup frozen peas
1/4 cup fat-free plain Greek yogurt

Instructions

1. Place spaghetti squash in a large microwave-safe bowl. Reheat, if needed, and cover to keep warm.
2. In medium bowl, combine crushed tomatoes, Parmesan, basil, Italian seasoning and salt. Mix well.
3. Coat a large skillet with nonstick cooking spray and heat over medium-high. Add mushrooms, zucchini and bell pepper. Cook and stir 5 minutes.
4. Add garlic to skillet. Cook and stir until veggies have softened and garlic is fragrant, about 2 minutes.
5. Reduce heat to low. Add peas and seasoned crushed tomatoes. Cook and stir until hot and well mixed, about 3 minutes.
6. Remove from heat and stir in yogurt.
7. Add skillet contents to large bowl of spaghetti squash and mix well.

Portion-Per-Serving Information: (Yields 4 servings) Serving = 1-3/4 cups = 4 V