Dinner, Mediterranean

Roasted Spaghetti Squash in Basil Tomato Sauce

Golden roasted spaghetti squash is scraped into tender strands and topped with a garlicky tomato sauce simmered with oregano and fresh basil. A scatter of basil leaves on top adds a fresh finish.



Vegetarian | Dairy free | Nut free

55 min	180	28 g	12 g
time	calories	carbs	sugars

Ingredients, 4 servings

- [ ] 1 small spaghetti squash
- [ ] 2 tbsp olive oil (divided)
- [ ] 1/2 tsp kosher salt (divided)
- [ ] 1/2 tsp black pepper
- [ ] 3 clove garlic (minced)
- [ ] 28 oz canned crushed tomatoes (low sodium)
- [ ] 1 tsp dried oregano
- [ ] 2 tbsp fresh basil (chopped, plus more leaves for garnish)

Method

- [ ] 1 Heat the oven to 375 degrees F.
- [ ] 2 Halve the spaghetti squash lengthwise and scoop out the seeds with a spoon.
- [ ] 3 Set the squash halves cut side up on a baking sheet, drizzle each with 1/2 tbsp olive oil, and season with 1/2 tsp kosher salt and black pepper.
- [ ] 4 Roast for about 40 minutes, until the flesh is tender and pulls away in spaghetti-like strands.
- [ ] 5 While the squash roasts, warm the remaining 1 tbsp olive oil in a saucepan over medium heat and cook the minced garlic until fragrant.
- [ ] 6 Stir in the crushed tomatoes, dried oregano, chopped fresh basil, kosher salt, and black pepper.
- [ ] 7 Let the sauce simmer for 15-20 minutes so the flavors come together.
- [ ] 8 When the squash is done, scrape the flesh with a fork to separate it into strands.
- [ ] 9 Pile the strands onto plates, spoon the tomato basil sauce over the top, and garnish with fresh basil leaves.

Nutrition Facts

Per serving

Calories	180
Total fat	8 g
Saturated fat	1 g
Sodium	340 mg
Total carbs	28 g
Fiber	7 g
Total sugars	12 g
Protein	5 g

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