



# Spaghetti Squash Spaghetti

SERVING: 6  
YIELD: 1 - 1 1/2 CUPS

PREP TIME: 10 MIN  
TOTAL TIME: 60 MIN

## Ingredients

### Spaghetti Squash

- 1 (about 3 lbs) Spaghetti Squash
- 2 tsp extra-virgin olive oil
- 1/4 tsp Salt and 1/2 tsp Pepper

### Spaghetti Sauce

- Cooking Oil Spray
- 1 lb Lean Ground Beef
- 1 medium Green Bell Pepper
- 1 tsp Minced Garlic
- 1 can (14.5oz) Diced Tomatoes, No Salt Added
- 1 can (23.5oz) Spaghetti Sauce, Lower Sodium

### Seasonings

- 1 tsp Italian Seasoning
- 1/2 tsp Ground Pepper
- 1/4 tsp Red Pepper Flakes

## Directions

### For the Spaghetti Squash

1. Preheat oven to 400° F. Line a rimmed baking sheet with parchment paper.
2. Use a very sharp chef's knife to cut off both ends of spaghetti squash. Stand the squash upright on a stable surface and carefully slice in half.
3. Use a large spoon to scoop out seeds. Drizzle each squash half with 1 tsp olive oil and rub on the inside. Sprinkle with salt and pepper, then place each half cut-side down on the prepared baking sheet.
4. Bake for 40 to 60 minutes, until the cut sides are turning golden and the interiors are easily pierced through with a fork.
5. Once the squash is done baking, fluff the interiors with a fork to make the insides spaghetti-like.

### For the Spaghetti Sauce:

1. Over medium high heat, add cooking oil spray to a large saucepan. Add ground beef. Cook for 6-7 minutes, until the beef is browned.
2. Turn heat down to medium. Add bell peppers and minced garlic. Stir and cook until the vegetables begin to soften, 4 to 5 minutes.
3. Add diced tomatoes, spaghetti sauce, and seasonings to pan and stir. Simmer sauce over medium heat and cover.
4. Cook sauce until the meat is tender and the flavors have melded, at least 15 to 30 minutes, stirring every 5-10 minutes. Add some water if the sauce starts to look dry. Enjoy!

## Nutrition Facts

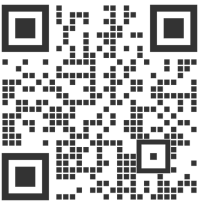
6 servings per container  
**Serving size 1.5 cups (0.0g)**

**Amount Per Serving**  
**Calories 260**

% Daily Value*	
<b>Total Fat</b> 9g	<b>12%</b>
Saturated Fat 3g	<b>15%</b>
Trans Fat 0g	
<b>Cholesterol</b> 50mg	<b>17%</b>
<b>Sodium</b> 390mg	<b>17%</b>
<b>Total Carbohydrate</b> 28g	<b>10%</b>
Dietary Fiber 6g	<b>21%</b>
Total Sugars 14g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 19g	
Vitamin D 0mcg	0%
Calcium 130mg	10%
Iron 3.8mg	20%
Potassium 590mg	10%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

\*Cost information includes lower cost ingredients found at local grocery store 01/18/22.



Cost Per Recipe

\$12.78

Cost Per Serving

\$2.13

Spaghetti squash And Cooked pasta Nutrition Difference

- **Calories:**  
cooked pasta - 323% more than Spaghetti squash
- **Carbohydrates:**  
cooked pasta - 261% more than Spaghetti squash
- **Fat:**  
cooked pasta - 84% more than Spaghetti squash
- **Protein:**  
cooked pasta - 705% more than Spaghetti squash
- **Water:**  
Spaghetti squash - 34% more than cooked pasta

Cooked pasta vs Spaghetti squash : Vitamins and Minerals Comparison

per 100g	Spaghetti squash	Pasta
Calories	31	131
Carbohydrates	6.91 g	24.93 g
Fat	0.57 g	1.05 g
Protein	0.64 g	5.15 g
Water	91.6 g	68.56 g
Calcium	23 mg	6 mg
Iron	0.31 mg	1.14 mg
Magnessium	12 mg	18 mg
Potassium	108 mg	24 mg
Sodium	17 mg	6 mg
Vitaminium B1 (Thiamine)	0.037 mg	0.209 mg
Vitaminium B2 (riboflavin)	0.018 mg	0.15 mg
Vitaminium B3 (Niacin)	0.95 mg	0.992 mg
Vitaminium B6	0.101 mg	0.034 mg
Vitaminium B9 (Folic acid)	0.012 mg	0.104 mg