

A Twist on Spaghetti

=====

If you're having trouble working vegetables into your meals have no fear--this pasta look-alike is here to help. Spaghetti squash, a winter variety, is actually quite mild-tasting on its own. This recipe uses tomatoes and onion to impart rich flavor without taking away from the unique texture of the squash. And squash is a nutritional powerhouse, containing Vitamin A, potassium and fiber.

Spaghetti Squash with Fresh Tomato Sauce

1 small spaghetti squash (about 2 lbs.)
2 lbs. vine-ripe tomatoes (small beefsteak, Early Girl or plum varieties)
1 Tbsp. extra virgin olive oil
1/2 cup finely chopped onion
2 garlic cloves, finely chopped
Pinch of dried red pepper flakes
1/2 tsp. salt
1/2 tsp. dried basil
1/2 tsp. dried oregano
Freshly ground black pepper

Preheat oven to 375 degrees. Pierce squash in half dozen places with a thin knife. Bake squash on a piece of foil in oven until it yields slightly when firmly pressed, about 50-60 minutes.

Meanwhile, peel tomatoes using a swivel-bladed vegetable peeler with serrated blade. Halve, seed and dice tomatoes.

Heat oil in medium skillet over medium-high heat. Add onion and sauté until translucent, about 4 minutes. Mix in garlic and cook another 2 minutes, stirring constantly. Add tomatoes, red pepper flakes, salt, basil and oregano. Cook, stirring until tomatoes are tender (but still hold their shape), about 5 minutes. Season to taste with black pepper.

Halve the baked squash horizontally. Scrape out and discard the seeds. Using a fork, scrape out the squash in strands. Divide four cups of the squash among four deep pasta bowls. Spoon one-fourth of the sauce over the squash in each bowl. Serve immediately.

Makes 4 servings.

Per serving: 140 calories, 5 g. total fat (less than 1 g. saturated fat),
25 g. carbohydrate, 4 g. protein, 6 g. dietary fiber, 347 mg. sodium.

~~~~~