



## **Oven-Roasted Spaghetti Squash with Roma Tomato Marinara**

### **Ingredients:**

1 spaghetti squash  
Olive oil  
Kosher salt, pepper  
1 t. garlic oil  
Basil, chopped

### *Roasted Roma Marinara:*

24 Roma tomatoes, cut in half lengthwise  
8-10 garlic cloves  
Extra-virgin olive oil  
Fresh basil leaves (unchopped)  
Balsamic Glaze, to taste  
Parmigiano Reggiano

### **Preparation:**

#### *For the squash:*

Preheat oven to 350° F.

Cut squash in half lengthwise; Remove seeds and sprinkle inside with olive oil, salt and pepper. Place cut side down in roasting pan. Roast for 45-60 minutes. Squash is ready when hull is soft to the touch and beginning to brown. Let cool for 30 minutes.

Turn oven up to 450° F.

Spoon squash out of shells carefully, separating into spaghetti-like strands. Sauté in a non-stick pan with olive oil. Add chopped basil, salt, pepper and garlic oil.

#### *For the marinara:*

Arrange tomatoes and garlic in a single layer on a roasting pan, cut side up. Sprinkle with olive oil, salt and pepper to taste. Roast for 30 minutes or until they begin to caramelize. Let cool, then pureé in a food processor. Add whole fresh basil leaves and balsamic glaze as you continue to pureé.

Serve over hot spaghetti squash, topped with grated cheese.

**Nutrition Per Serving:**

Calories	145 kcal
Fat	9 g
Saturated Fat	2 g
Monounsaturated Fat	3 g
Polyunsaturated Fat	1 g
Cholesterol	4 mg
Sodium	124 mg
Potassium	437 mg
Carbohydrates	15 g
Dietary Fiber	3 g
Sugars	6 g
Protein	4 g
Vitamin A	24 %
Vitamin C	39 %
Calcium	12 %
Iron	6 %