



Fuel the Body
Fuel the Soul

Squash & Shrimp

Ingredients:

1 spaghetti squash	2 tbs vegetable oil
2 tbs olive oil	1/4 cup sliced basil
Salt and pepper	Juice of 2 lemons
1/4 chopped onion	Cherry tomatoes
1/2 to 1 lb uncooked, deveined shrimp	1/2 cup parmesan or feta

Procedure:

1. Trim ends of squash and cut in half lengthwise. Using a large spoon, scrape and discard seeds and pulp.
2. Brush the inside of each half with olive oil, sprinkle with salt and pepper.
3. Cook halves, cut side down, in a microwave until tender. Check them every 5 mins. Remove them when you can easily prick the outside flesh with a fork.
4. When cool enough to handle, use a fork to scrape the flesh in long spaghetti strands.
5. Heat oil in skillet, add shrimp and onion. Cook and stir for 3-4 mins.
6. Add salt, pepper, basil, lemon juice and cherry tomatoes. Cook for 1 min.
7. Add squash. Stir and cook for 3 mins.
8. Top with cheese and enjoy!



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