



Fuel the Body
Fuel the Soul

Squash Spaghetti

Ingredients:

1 spaghetti squash	1 jar marinara sauce
2 tbs olive oil	2 tbs chopped basil
Salt and pepper	1 tsp Italian seasoning
1/4 chopped onion	1/3 cup parmesan cheese
1/2 lb ground beef or turkey	

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 fork to scrape the flesh in long spaghetti strands.
5. In a skillet, cook meat and onions.
6. Add marinara sauce, basil and Italian seasoning. Cook for 15 mins.
7. Add squash and heat until warm.
8. Top with cheese and enjoy!



SISTERS OF ST. JOSEPH
OF CARONDELET