



X min



Serves 4

# FRESH

## SPAGHETTI SQUASH MARINARA

### Ingredients:

#### For squash 'pasta':

1 medium spaghetti squash  
(cooking directions on back)

#### For sauce:

2 celery stalks  
1 medium carrot, chopped  
1 small onion, chopped  
3 Tbsp. olive oil  
3 cloves of garlic, minced  
2 cans (28oz.) tomato puree  
1 tsp. oregano  
2 Tbsp. Parmesan cheese  
2 basil leaves for garnish  
1 pinch salt

### Directions:

1. Prepare spaghetti squash
2. Finely chop celery, carrot, onion, and garlic to create a vegetable paste.
2. Heat olive oil in a large pot over medium heat, add garlic and vegetable paste and cook for 5 min.
3. Add tomato puree and 2 cups water to the pot
4. Stir in oregano and salt. Continue cooking until sauce thickens.
5. Scrape spaghetti squash strands into large bowl and toss with cheese.
- 6.) Pour sauce on top. Garnish with basil leaves to serve.

# SPAGHETTI SQUASH COOKING INSTRUCTIONS

## Oven Directions:

1. Wash squash thoroughly.
2. Cut squash in half lengthwise.
3. Scrape out seeds.
4. Brush the inside of the squash with olive oil.
5. Place halves of the squash face down on a baking sheet.
6. Bake for approximately 40 minutes or until it can be easily pierced with a fork.
7. Scrape out squash strands when cool enough to handle.

## Microwave Directions:

1. Wash squash and cut it in half lengthwise.
2. Place halves into a microwave safe dish with 1 inch of water.
3. Microwave on high for 12 min. or until it can be easily pierced with a fork .
4. Scrape out squash strands when cool enough to handle.



# FRESH

## NUTRITION INFO

Per: 1 serving of recipe (4 servings in recipe)	
Energy.....	370 kcal
Fat.....	9g
Carbohydrates.....	60g
Protein.....	8g

## CONTACT US

**Website:** [freshu.ca](http://freshu.ca)

**Facebook:** [/freshatwestern](https://www.facebook.com/freshatwestern)

**Instagram:** [@freshwestern](https://www.instagram.com/freshwestern)

**Youtube:** [@freshwestern](https://www.youtube.com/freshwestern)

**Email:** [fresh@uwo.ca](mailto:fresh@uwo.ca)