

# Caprese Stuffed Spaghetti Squash



**GREATER  
CHICAGO**  
- FOOD -  
DEPOSITORY.

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**Serves:** 4

**Prep:** 5 minutes | **Cook:** 40 minutes

## INGREDIENTS

- 1 large spaghetti squash (about 2 pounds)
- 1/2 cup mozzarella cheese, shredded
- 1/2 cup cherry tomatoes, sliced into halves
- 2 tablespoons olive oil
- 1/4 fresh basil, shredded
- Salt and pepper to taste
- Balsamic reduction (optional)

## DIRECTIONS

1. Slice spaghetti squash in half, lengthwise, from stem to end. Remove seeds and stringy flesh. Drizzle each side with olive oil, salt, and pepper to taste. Bake face down on a baking sheet at 400°F for 40 minutes.
2. Remove from oven and shred the squash with a fork. Toss in any remaining olive oil to coat the spaghetti.
3. Add in cheese, tomatoes, and basil until combined.
4. Bake for another 10 minutes. Drizzle with balsamic reduction if desired, and serve.

Notes:

- Add grilled chicken breast or 1 (15 ounce) can chickpeas for added protein.



Nutrition Information	
<i>Serving size: 1/4 of recipe</i>	
<b>Calories</b>	<b>107</b>
<b>Total fat</b>	<b>10 g</b>
Saturated fat	2 g
<b>Cholesterol</b>	<b>11 mg</b>
<b>Sodium</b>	<b>90 mg</b>
<b>Carbohydrates</b>	<b>8 g</b>
Fiber	1.5 g
Sugars	3.5 g
<b>Protein</b>	<b>4 g</b>

Recipe source: Laughing Spatula