

American Chop Squash

1 Spaghetti Squash

1 package of frozen pre-cut onions
and peppers or 1 cup each fresh

1 can of tomato sauce

1 can of diced tomatoes

Italian Seasoning

Cut squash in half and remove seeds. Then, cook in microwave for 13-15 minutes. Sauté onions and peppers with Pam. Simmer onions, peppers, spaghetti squash (fork out squash), seasoning, sauce and diced tomatoes. Ready to serve about 4-5.

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