

Caprese Spaghetti Squash

Ingredients:

- 1 medium spaghetti squash
- 1 cup cherry tomatoes
- 8 oz. fresh mini mozzarella balls
- 1 tablespoon olive oil
- 1 tablespoons Balsamic vinegar for drizzling
- 8 basil leaves
- Salt and pepper to taste

Instructions:

1. Cook spaghetti squash in microwave for 20 minutes.
2. Cut spaghetti squash in half. Use fork to shred spaghetti. Cook for 5 more minutes.
3. Cut cherry tomatoes and mozzarella balls in half
4. Add tomatoes and mozzarella on top of spaghetti squash. Place in microwave 1:30 minutes, or until cheese is gooey and tomatoes are softened.
5. With a fork whisk balsamic vinegar and olive oil in small bowl. Drizzle on top.
6. Garnish with basil leaves. Enjoy!

Variations:

- Take the base recipe for cooking spaghetti squash and get creative adding any toppings you like!
 - Primavera
 - Asparagus and mushroom
 - Chicken and tomato
 - Red sauce and meatballs

Prep Time: 5 minutes

Cooking Time: 5 minutes

Equipment:

- Fork
- Measuring cups and spoons
- Medium bowl
- Microwave

Servings: 2

Serving Size: ½ spaghetti squash



Nutrition Facts: 322 Calories, 10g Fat, 1g Saturated Fat, 50 g Carbohydrates, 9 g Protein, 9 g Fiber, 16 g Sugar, 185 mg Sodium.

Check out our blog at www.cookingoncampus.arizona.edu to find past recipes and a list of upcoming classes!
For more info about nutrition and what to eat on campus, go to www.health.arizona.edu, click Health Promotion, then Nutrition.

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