Spaghetti Squash with Garlic and Parsley

Spaghetti squash is a good source of dietary fiber and vitamin C, and can be used in many recipes in place of spaghetti noodles.

1 spaghetti squash, about 3 lbs.
2 Tablespoons olive oil, divided
6 cloves of garlic, minced
4 Tablespoons plain breadcrumbs
4 Tablespoons parsley, finely chopped
1/2 cup freshly grated parmesan cheese
salt and pepper to taste

Servings:	8
Serving Size:	1/8 recipe
Calories	125
Total Fat	6g
Saturated Fat	2g
Cholesterol	5mg
Sodium	156mg
Total Fiber	3g
Protein	4g
Carbohydrates	16g
Potassium	260mg

1. Preheat the oven to 375°F.
2. Cut squash lengthwise so there are two pieces. Remove seeds and seed membranes. Lightly coat cut side with olive oil. Place on baking sheet, cut-side down
3. Bake for 1 hour, until the squash is soft and easy to pierce with a knife. Remove from oven and allow to cool until you can handle it.
4. Heat remaining oil in a large skillet over medium heat. Add garlic and bread crumbs. Cook for 1 minute. Scoop out the squash flesh with a fork to separate the spaghetti-like strands and add to the skillet. Add parsley. Toss together and cook for about 6-8 minutes more.
5. Remove from heat and top with Parmesan cheese