

Italian-Style Spaghetti Squash

* For all you pasta lovers, this is a great substitution that's perfect for the fall and for those needing to reduce carbohydrate intake.

1 small spaghetti squash, halved, seeds removed
1 Tbsp. olive oil
1 cup chopped onion
2 garlic cloves, minced
2 cups thinly sliced mushrooms
½ cup grated carrots
2 medium tomatoes, seeded and chopped
1 tsp. minced fresh oregano
2 tsp. minced fresh basil
¼ cup chopped fresh parsley
1 tsp. minced fresh thyme
¼ tsp. ground black pepper
1 cup low-fat cottage cheese
½ cup grated part-skim mozzarella cheese
1 cup dry bread crumbs (Look for these in the natural food section of the supermarket to avoid trans fats, or try making your own from leftover whole-wheat bread)
2 Tbsp. freshly grated parmesan cheese

1. Preheat the oven to 350 degrees. Place each squash half, cut side down, on a cookie sheet and bake, uncovered, for about 45-60 minutes until a fork goes easily into the shell.
2. Meanwhile, heat the oil in a skillet over medium-high heat. Add the onion and garlic and sauté for 5 minutes. Add the mushrooms and shredded carrots and sauté for 3 more minutes. Add the tomatoes and cook until the tomato liquid is evaporated. Add the herbs and cook for 5 minutes.
3. When the squash is done, scoop out the strands with a large fork or spoon. Combine the squash with the cheeses and place it in a casserole dish. Pour the sauce on top. Mix together the bread crumbs and parmesan cheese and sprinkle over the sauce. Bake the casserole for 20 minutes and serve.

Yield: 4 servings, 1 cup each

Nutrition Analysis per 1 cup:

Calories: 209

Total Fat: 6g

Saturated Fat: 2g

Cholesterol: 8mg

Sodium: 404mg

Carbohydrate: 27g

Dietary Fiber: 4g

Protein: 12g

Source: Adapted from *Flavorful Seasons Cookbook* by Robyn Webb, 1996 The American Diabetes Association.