



Healthful Advice from our Registered Dietitian/Nutritionist, Debra Heverling, MA, RD/LDN

Dietitian's Dish

Squash Carbs... not Flavor!



'Tis the season for pumpkins, but they're not the only cool weather item to search out. Many varieties of squash are in-season now. Whether it's acorn, butternut, or spaghetti squash, you typically don't have to look far to find them.

They're an economical, nutritious and flavorful addition to many meals. Just one cup of spaghetti squash has 40 calories, 10 grams of carbohydrates, 4 grams of sugar, 2 grams of fiber and is fat free.

It's loaded with potassium, Vitamins A & C, and other antioxidants.

That makes it a great alternative to noodles and rice. A simple swap of spaghetti squash for pasta noodles is an easy way to add another serving of vegetables to your day. The extra boost of nutrients is a great way to try and stay healthier. Good food can be the best "medicine"!

Spaghetti Squash with Roasted Chicken & Sun-Dried Tomato Sauce

Ingredients:

- 1 spaghetti squash (about 3-1/2 pounds)
- 1 jar (6.7 ounces) sun-dried tomatoes in olive oil
- 1 pint cherry tomatoes, halved
- 1/4 cup water
- 1/2 tsp. salt
- 1/4 tsp. ground black pepper
- 3 cups chopped roasted chicken



Directions:

1. With a fork, pierce spaghetti squash several times on each side to vent. On large microwave-safe plate, heat squash in microwave oven on high 12 minutes or until squash feels slightly soft when squeezed, turning once. Cool 10 minutes.
2. In blender, purée sun-dried tomatoes with oil, tomatoes, water, salt and pepper until smooth; transfer to large skillet. Cook tomato mixture over medium-high heat 2 minutes; add chicken and cook 3 minutes or until heated through, stirring occasionally.
3. Cut squash lengthwise in half; remove seeds. With fork, shred squash into spaghetti-like strands onto large microwave-safe plate. Heat squash in microwave oven on high 1 minute or until heated through. Serve squash topped with chicken mixture; sprinkle with basil, if desired.