

# Spaghetti Squash with Portobello Ragu

## Ingredients:

- 1 medium spaghetti squash, 3lbs
- 3 Portabella mushrooms
- 1 sweet yellow onion, medium
- 1 green pepper, medium, chopped
- 3 garlic cloves, finely chopped
- 8 oz. low sodium, marinara sauce
- 2 tbsp. extra virgin olive oil
- ¼ tsp. salt
- ¼ tsp. ground pepper
- Fresh basil for garnish



## Nutrition Facts

Serving Size 2 cups (453g)  
Servings Per Container 4

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**Amount Per Serving**

**Calories 190**      Calories from Fat 70

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% Daily Value\*

<b>Total Fat</b> 8g	<b>12%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 350mg	<b>15%</b>
<b>Total Carbohydrate</b> 29g	<b>10%</b>
Dietary Fiber 2g	<b>8%</b>
Sugars 4g	
<b>Protein</b> 4g	

Vitamin A 8%      •      Vitamin C 50%

Calcium 10%      •      Iron 10%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4



## Directions:

1. Preheat oven to 350 degrees.
2. Slice squash in half, scraping out the seeds.
3. Place two halves, cut side down into a large baking dish.
4. Place in oven and bake for 45-55 minutes. When done, let cook for 15 minutes before handling.
5. Take fork and scrape meat of squash. It will shred easily making the perfect noodles.
6. Heat large skillet over medium heat. Add extra virgin olive oil, onion, bell pepper, garlic and salt. Once it has cooked for 5 minutes add mushroom.
7. Let cook for another 5 minutes. Let simmer for 15 minutes, adding a dash of water if it becomes too thick. Serve over pile of squash, garnish with fresh basil.