

Recipe – Roasted Spaghetti Squash with Olives and Feta

Recipe is taken from Allrecipes.com

Ingredients:

- 1 spaghetti squash, halved lengthwise and seeded*
- 2 T olive oil
- 1 onion, chopped
- 1 ½ c chopped tomatoes
- ¾ c crumbled goat milk feta cheese
- 3 T sliced black olives
- 2 T chopped fresh basil

Directions:

Preheat oven to 350 degrees F (175 degrees C)

Lightly grease a baking sheet

Place spaghetti squash cut sides down on the prepared baking sheet, and bake 30 minutes in the preheated oven, or until a sharp knife can be inserted with only a little resistance

Remove squash from oven, and set aside to cool enough to be easily handled

Meanwhile, heat oil in a skillet over medium heat

Sauté onion in oil until tender

Add garlic and sauté for 2 to 3 minutes

Stir in the tomatoes, and cook only until tomatoes are warm

Use a large spoon to scoop the stringy pulp from the squash, and place in a medium bowl

Toss with the sautéed vegetables, feta cheese, olives, and basil. Serve warm

To get the net carbs that have an influence on your blood sugar, you subtract the fiber from the carbs

For 1/2 cup cooked portions:

- Zucchini has 3 grams carbs and 1 grams of fiber. net: 2
- Spaghetti squash has 5 grams of carbs and 1 gram of fiber. net: 4
- Butternut squash has 10 grams of carbs and 1 gram of fiber. net: 9
- Acorn squash has 14 grams of carbs and a whopping 4 grams of fiber. net: 10
- Sweet potato has 27 grams of carbs and 5 grams of fiber. net: 22
- Brown rice has 22 grams of carbs and 2 grams of fiber. net: 20