

Spaghetti squash with Roasted Red Pepper Cream Sauce

Servings: 4

Total Time: 60 minutes

Ingredients:

For the Sauce:

2 red bell peppers
2 cloves garlic, minced or 2 tsp garlic powder
1 (15 oz.) can diced tomatoes
Dash of red pepper flakes
1/2 cup fresh basil, rinsed and coarsely chopped
Salt and black pepper, to taste
1/4 cup plain Greek yogurt

For the Spaghetti:

1 medium spaghetti squash, cut in half and seeds and membrane removed
2 tablespoons olive oil
Salt and pepper, to taste

Directions:

Preheat oven to 400 degrees F. Coat cut sides of squash with oil, and sprinkle with salt and pepper to taste. Place squash, cut sides down, on a rimmed baking sheet lined with parchment paper. Bake until tender, about 45 minutes. While the squash is baking, roast red peppers under the broiler for about 10 minutes, or until peppers are completely black. Place peppers in a paper bag to allow to sweat. Peel the charred skins from the peppers and remove the seeds. Chop the peppers and set aside. In a large saucepan, heat the olive oil over medium heat. Add onion and sauté until softened, about 3 minutes. Stir in garlic and cook for 2 minutes. Add the red peppers and diced tomatoes. Add red pepper flakes, fresh basil, and season with salt and pepper. Simmer on stove for 5 minutes. Stir in the Greek yogurt. Transfer the sauce to a blender or food processor. Make sure you let the sauce cool before blending so you don't get burnt. Puree until smooth, with some texture remaining. When the squash is done baking, let it cool for a few minutes-until you can touch it. Scrape the squash with a spoon to remove flesh in long strands. Place in a large bowl or on individual plates. Top spaghetti squash with the red pepper sauce and serve warm.

Nutrition Information per Serving: 196 calories, 12g total fat, 3g saturated fat, 4g protein, 22g carbohydrate, 267mg sodium

Chef Notes: You can buy roasted red peppers in a jar to save some prep time!

I like to serve this dish with garlic chicken sausage to round out the meal with a lean protein.

If you don't mind a chunky sauce you can forgo pureeing the sauce and save some time.

Storage Tips: Refrigerate leftovers for up to 3-4 days.