



Lentil Marinara Spaghetti Squash

Ingredients:

1 whole spaghetti squash
1 can diced tomatoes (look for low-sugar and low-sodium versions)
1 cup cooked lentils
1 tbsp olive oil
1 cup broccoli chopped
1/2 onion chopped
1/2 red bell pepper chopped
1 tbsp chopped garlic
1 tbsp Italian seasoning
Salt and black pepper, to taste

Directions:

1. Preheat oven to 400 degrees.
2. Pierce squash with fork multiple times and bake for 60 min, or until outside is softened.
3. In a large pan, heat olive oil and garlic over medium heat.
4. Add lentils, tomatoes, veggies and spices.
5. Bring to a boil and reduce to a simmer for 15 minutes.
6. While sauce is cooking, scrape out spaghetti squash with fork onto plate.
7. Top with about one cup of lentil marinara sauce.

Nutrition Facts:

Per serving, recipe serves 4
Calories: 140
Fat: 16 g
Carbs: 20.3 g
Protein: 8 g