

RECIPE IDEA:

Pepperoni Pizza Spaghetti Squash Boats

INGREDIENTS

- 2 Spaghetti Squash
- 2 Tbsp Olive Oil
- 2 C Pizza Sauce
- 2 C Mozzarella Cheese, shredded
- 2 oz Pepperoni Slices
- Your favorite pizza toppings - green pepper, black olives, thinly sliced red onion, mushrooms



Serves: 4



Allergens: milk

DIRECTIONS

1. Preheat oven to 400°F. Line a baking sheet with aluminum foil, then mist with cooking spray.
2. Cut the spaghetti squash in half lengthwise. Scoop out and discard the seeds and stringy pulp in the center of the squash. Brush the flesh of the squash evenly with olive oil, sprinkle with salt and pepper, and place cut-side-down on the prepared baking sheet.
3. Bake for 30-35 minutes, or until cooked through and shreds easily with a fork.
4. Using a fork, shred the inside of the squash until all of the flesh is spaghetti-like. To each squash half add 1/4 C (more or less) pizza sauce and 1/4 C shredded cheese. Gently toss until all of the squash is evenly coated with the sauce.
5. Spoon on top another 1/4 C of sauce and top with pepperoni, other toppings of choice, and remaining cheese.
6. Turn the oven to broil. Place the baking sheet with the spaghetti squash pizzas in the oven and broil for 4-6 minutes — until the cheese is melted and starts to turn golden brown.
7. Remove from the oven, and serve immediately.

Nutrition Facts	
Serving size	1/2 squash
Amount Per Serving	
Calories	420
	<small>% Daily Value*</small>
Total Fat 26g	33%
Saturated Fat 10g	50%
Trans Fat 0g	
Cholesterol 45mg	15%
Sodium 800mg	35%
Total Carbohydrate 30g	11%
Dietary Fiber 7g	25%
Total Sugars 14g	
Includes 6g Added Sugars	12%
Protein 20g	40%
<small>Not a significant source of vitamin D, calcium, iron, and potassium</small>	
<small>*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	