



Spaghetti Squash with Tomato-Beef Sauce Recipe

Ingredients:

1 Onion, chopped
¼ Cup olive-oil based Italian dressing
1 lb Ground beef
1 ½ Cups canned tomato sauce
1 Can of diced tomatoes
½ Tbsp. oregano
2 Tbsp. Fat-free cream cheese
¼ Cup low-fat Parmesan cheese
2 Cups cooked spaghetti squash

To prepare:

In a small skillet, cook onions and Italian dressing over medium heat. Add ground beef and continue to cook for 10 minutes or until no longer pink.
Stir in the tomato sauce, diced tomatoes and oregano.
Simmer over low heat for 15 minutes, stirring occasionally. Stir in cream cheese.
Spoon over cooked spaghetti squash, sprinkle with parmesan cheese and serve.

Per serving (makes 4):

Calories: 493
Carbs: 29.5g
Fat: 38.75g
Protein: 38.75g