

## 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