



Roasted Spaghetti Squash (PKU-Friendly)

This is a great fiber-packed, low Phe pasta alternative.

Delicious on its own, or tossed with your favorite PKU-friendly sauce!

U.S.		Metric	Phe (mg)	Pro (g)
1 each	Spaghetti squash, halved lengthwise, seeds removed	1 each	288 mg	8 g
2 tsp	Olive Oil	10 mL	0 mg	0 mg
2-3 cloves	Garlic, minced	2-3 cloves	0 mg	0 mg
1/2 tsp	Kosher Salt	3 g	0 mg	0 mg
To taste	Black Pepper, ground	To taste	0 mg	0 mg

Protein per recipe: 8 g
Phe per recipe: 288 mg

Protein per serving: 2 g
Phe per serving: 72 mg

Preparation:

1. Gather all ingredients and equipment.
2. Preheat oven to 350°F (180°C)
3. Cut the squash in half and place skin side down on a microwave safe dish. Microwave for 5 minutes.
4. Line a baking sheet with foil. Place the spaghetti squash on the sheet pan, drizzle with olive oil, minced garlic, salt, and black pepper. Cook the spaghetti squash for about 40 minutes, or until tender
5. When the spaghetti squash is finished baking, remove it from the oven and set aside until it is cool enough to handle.
6. Once the spaghetti squash has cooled, use a fork to remove the flesh. The spaghetti squash can be pulled apart, creating long strands that resemble spaghetti.
7. Serve hot, and enjoy!

****Nutrition Facts on Reverse**

Nutrition Facts

5 Servings

Serving size **1 cup**

Amount per serving

Calories **50**

Calories from Fat 20

Total Fat 2.5 g

 Saturated Fat 0 g

 Trans Fat 0 g

 Monounsaturated 1.5 g

Cholesterol 0 mg

Sodium 210 mg

Total Carbohydrate 7 g

 Dietary Fiber 2 g

 Total Sugars 3 g

 Includes 0g Added Sugars

Protein 2 g

Vitamin D 0 %

Calcium 2 %

Iron 2 %

Potassium 114 mg

Phosphorus 14 mg
