

Low FODMAP Tomato Basil Spaghetti Squash with Pumpkin Seeds

Recipe by Kate Scarlata

Serves: 4

Prep: 10 minutes

Cook: 45 minutes



Ingredients	Metric	Imperial
1 medium Spaghetti Squash	620 g	21.87 oz
2 tbsp Garlic Infused Olive Oil	40 g	1.41 oz
1 cup Canned Tomatoes, drained	250 g	8.81 oz
¼ cup Pumpkin Seeds (Pepitas), roasted	35 g	1.23 oz
¼ cup Parmesan Cheese	21 g	0.74 oz
8 large Basil Leaves, chopped	4 g	0.14 oz
Salt and Pepper, to taste		

Method

1. Preheat oven to 190 C/375 F
2. Cut unpeeled squash in half horizontally. Using a spoon or fork, scrape out the seeds and attached strands.
3. Brush the inside of each squash half evenly with garlic oil.
4. Place the sliced side of each squash down on a cooking sheet and place in pre-heated oven. Bake for 45 minutes or until you can easily pierce with fork.
5. Remove squash from oven and let cool until easy to handle.
6. With a fork, scrape out the spaghetti-like strands into a medium size bowl.
7. Fold in diced tomatoes.
8. Evenly distribute squash into serving dishes and garnish with pumpkin seeds, Parmesan and basil leaves.

Nutrition Information (per serve)	
Energy	936 Kj / 224 cal
Protein	5.70g
Carbohydrates	7.00g
Sugar	3.40g
Total Fat	16.30g
Saturated Fat	3.40g
Fibre	3.50g