

*SPAGHETTI SQUASH
IN TOMATO SAUCE*

Serves 4

1 spaghetti squash
1 jar tomato sauce
4 oz mozzarella
2 tablespoon fresh basil, chopped
Celtic sea salt and pepper to taste

Preheat oven to 350° F.

Slice squash in half, sprinkle some salt and pepper on it and place it in a baking pan. Add ¼ inch of water and bake it for 40 minutes.

Rake squash with a fork, creating “spaghetti” strands.

Heat the tomato sauce and pour it on the “spaghetti” with the mozzarella cut in small pieces. Sprinkle the basil on it, place it back in the oven and bake it until the cheese starts to bubble.

Serve warm.