Spaghetti Squash Bake

**INGREDIENTS**

- 1 spaghetti squash, *about 4 pounds*
- 1 jar of marinara sauce
- 2 teaspoons dried basil
- (optional) 4 ounces mozzarella cheese, *shredded*

**PREPARATION**

**Microwave the Squash**

Cut squash in half lengthwise and remove seeds. Place squash cut size up in microwavable dish with 1/4 cup water. Cover with plastic wrap and cook on high for 10-12 minutes, depending on the size of the squash. Add more cooking time if necessary. Let stand covered for 5 minutes. Use a fork to "comb" out the strands.

**Assemble the Bake**

Preheat toaster oven to 350 F. Place the strands in a baking dish. Spoon on sauce, basil and mozzarella, if using. Place in toaster oven and bake until cheese melts.

**Tips:** Spaghetti squash can be stored at room temperature for about a month. Strands can be mixed with your favorite ingredients. Try tomato or pesto sauce, veggies and a healthy protein source such as chicken, tofu or beans.

*Find more healthy recipe ideas & nutrition info at wellness.sfsu.edu/nutrition*