

# Baked Spaghetti Squash With Hazelnuts And Herbs

## SERVES 4

Spaghetti squash is high in fat-soluble antioxidant, beta-carotene, which needs fat to be absorbed. The oil and nuts will supply the needed fat while increasing flavor. Chives, basil, parsley and garlic also contain antioxidants and enrich this dish.

## Nutrition Information

### Amount Per Serving:

209 calories, 13g fat, 25g carbohydrates, 7g fiber

### Individual Serving Size:

8 oz. spaghetti squash



## Ingredients

1 small spaghetti squash (3-4 lbs.)  
2 tbsp. olive oil  
2 tbsp. hazelnuts  
1 tbsp. chives

1 tbsp. basil  
2 tbsp. garlic  
1 tbsp. parsley  
Salt and pepper to taste

## Directions

Preheat oven to 375°F. Bake squash for 1 hour or until a pairing knife pierces the flesh with little resistance. Let squash cool for 15 min. Cut in half and remove seeds. Scrape out the flesh into a bowl with a fork. Heat a large sauté pan and add olive oil, garlic, and hazelnuts. Toast. Add squash and herbs along with salt and pepper to taste and serve.

This makes a great appetizer, side dish or main course with the addition of a salad.