



BeFit

Be Fit. Eat Healthy. It's your choice.

Be Fit Basics: Spaghetti Squash Salad

Adapted from Cooking Light

- 1 whole spaghetti squash (about 3 pounds)
- 1 tbsp oil, such as canola or olive
- 3 tbsp fresh lime juice (about 2-3 limes)
- 1 tbsp fresh ginger, peeled and minced
- 1 tbsp dark sesame oil
- ½ tsp salt
- ¼ tsp red pepper flakes
- 1 red pepper, diced
- 1 can chickpeas (about 15 oz)
- ½ cup cilantro, coarsely chopped
- 1 tbsp sesame seeds, toasted*

Instructions:

Preheat oven to 425 degrees. Cut squash in half; spoon out and discard seeds. Rub inside flesh of squash with 1 tbsp oil (including the edges) and place flesh side down on a baking sheet. Roast until squash is tender when pierced with a fork, about 30-40 minutes (turn squash over so flesh is facing up to test for doneness). Let cool; scrape flesh with a fork to remove spaghetti-like strands.

Mix together lime juice, ginger, sesame oil, salt and red pepper flakes. Combine squash, red pepper, chickpeas and cilantro in bowl; toss with dressing and sprinkle with sesame seeds.

Notes:

*To toast sesame seeds, heat them in a small sauté pan on medium heat until they turn slightly brown and begin to smell nutty. Alternatively, you could leave them untoasted.

Yield: 4 servings (about 1½ cup each)

NUTRITION INFORMATION PER SERVING:

CALORIES: 220 calories	PROTEIN: 7 g	SODIUM: 480 mg
	CARBOHYDRATE: 28 g	FIBER: 8 g
	FAT: 11 g	Sat Fat: 1.5 g

MAKE IT A MEAL:

Entree: 1 serving spaghetti squash salad

Starch: ½ whole wheat pita (70 calories)

Vegetable: 2 cups mixed greens tossed with ½ tbsp olive oil and balsamic vinegar (75 calories)

Vegetable (mixed greens) toppings: 2 tbsp dried cranberries (45 calories) and 1 tbsp crumbled feta (40 calories)

Fruit: 1 pear, sliced (105 calories)

PREP TIP

- Place pear slices on top of mixed greens.

GROCERY SHOPPING LIST

1 spaghetti squash, 1 red pepper, 2-3 limes, cilantro, fresh ginger, pear, mixed greens

Crumbled feta

Whole wheat pita

Dried cranberries

Dark sesame oil, sesame seeds

1 can chickpeas

Condiments: olive or canola oil; balsamic vinegar; salt; red pepper flakes